

# 2025 COMMUNITY NEEDS ASSESESSMENT

Employment, Sexual Health,  
Health Behavior, Wellness  
and Physical Activity

February 20, 2025



# Quick Connection

*Speedy Meet, Greet, and Share!*

A close-up photograph of a hand placing a white letter block with the letter 'M' on top of another white letter block with the letter 'R'. The blocks are part of the word 'GREET' which is spelled out on a wooden surface. The background is a soft-focus green.

**G R E E T**

A small rectangular inset with a colorful, abstract, blurred background. The text '3:00' is centered in a bold, white, sans-serif font with a black outline.

**3:00**



# CNA UPDATE & FEEDBACK

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Jessica Grant  
**Executive Director**  
Healthy Cabarrus

# Session 2

## *Feedback and Follow-up*

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Overall, how satisfied are you with today's meeting?

4.85



What aspects of the meeting did you find most useful or effective?



“Subject matter experts”

The information provided was very eye-opening.”

“The presenters and their knowledge”

“The deep dive into the data – even when the trends are not positive.”

“Variety of information”

“DATA” x10

“Everything!”

“Materials provided”

“Organization and kept time”

“Opportunity to discuss topics, ask questions and reflection time/share with neighbor”

“Additional time to discuss”

“Maybe limit topics”

“Bigger room”

“Nothing” or  
“None” x12

“More time for presenters”

“Second microphone”

“Similar color on some pie charts”

“Warmer temperature”

**TELL ME MORE**



**TELL ME MORE**

memegenerator.net

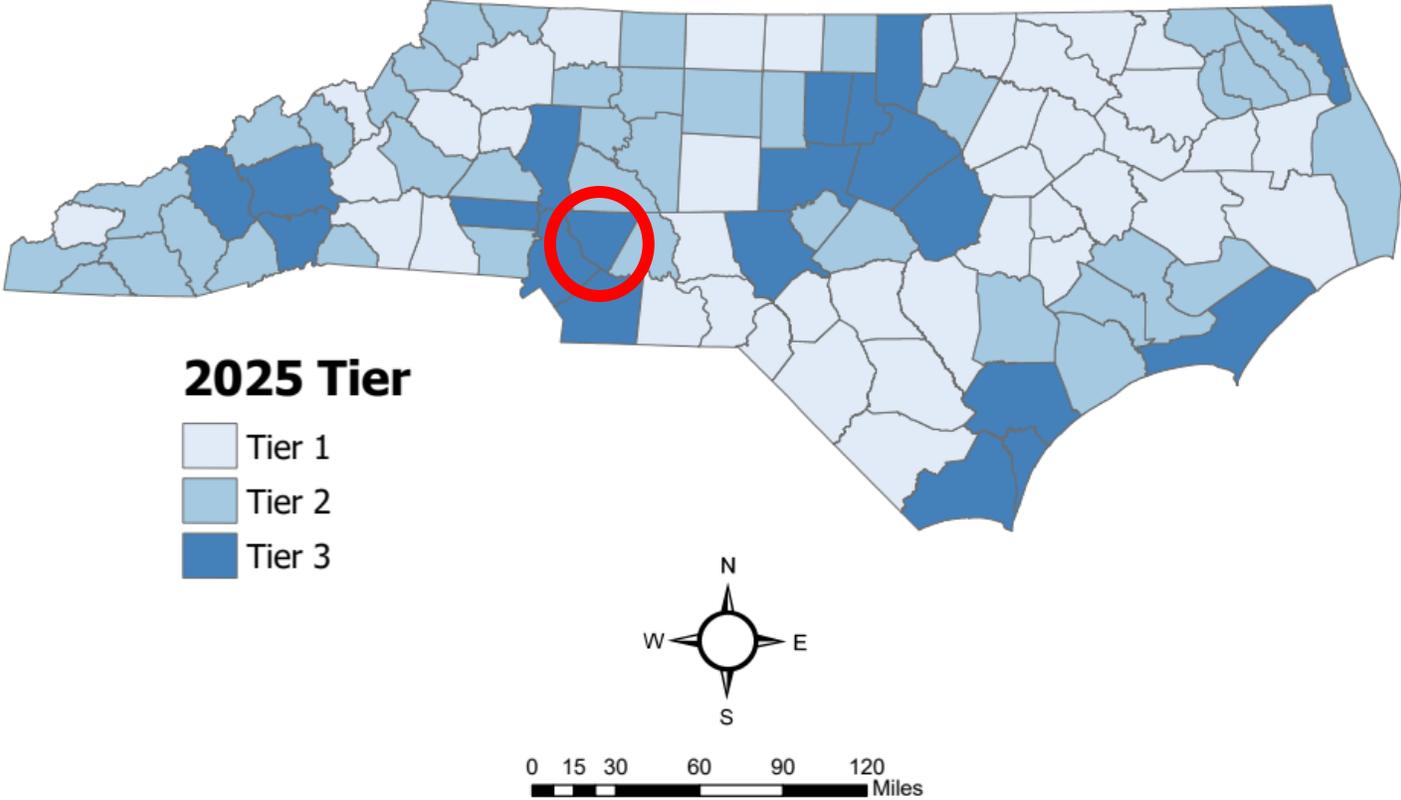


# VOCATION/ EMPLOYMENT

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**Stephanie Burleson**  
**Business Support Manager**  
Cabarrus Economic Development

# County Distress Rankings (Tiers) - 2025



Map Created November 2024

Cabarrus	Tier 3
Rowan	Tier 2
Iredell	Tier 3
Stanly	Tier 2
Gaston	Tier 2

# EIG Distressed Communities Index

*US Census ACS Five Year Avg. 2018-2022*

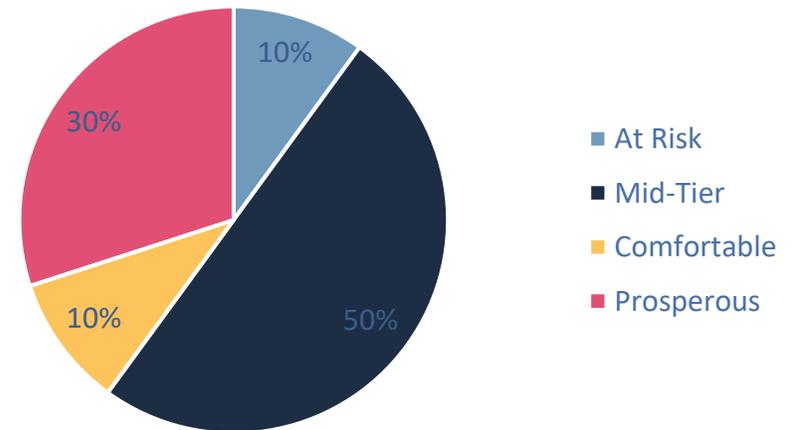
The Distressed Communities Index (DCI) brings attention to the deep disparities in economic well-being that separate U.S. communities. The latest Census data is used to sort zip codes, counties, and congressional districts into five quintiles of well-being: **prosperous**, **comfortable**, **mid-tier**, **at risk**, and **distressed**.

The seven components of the index are:

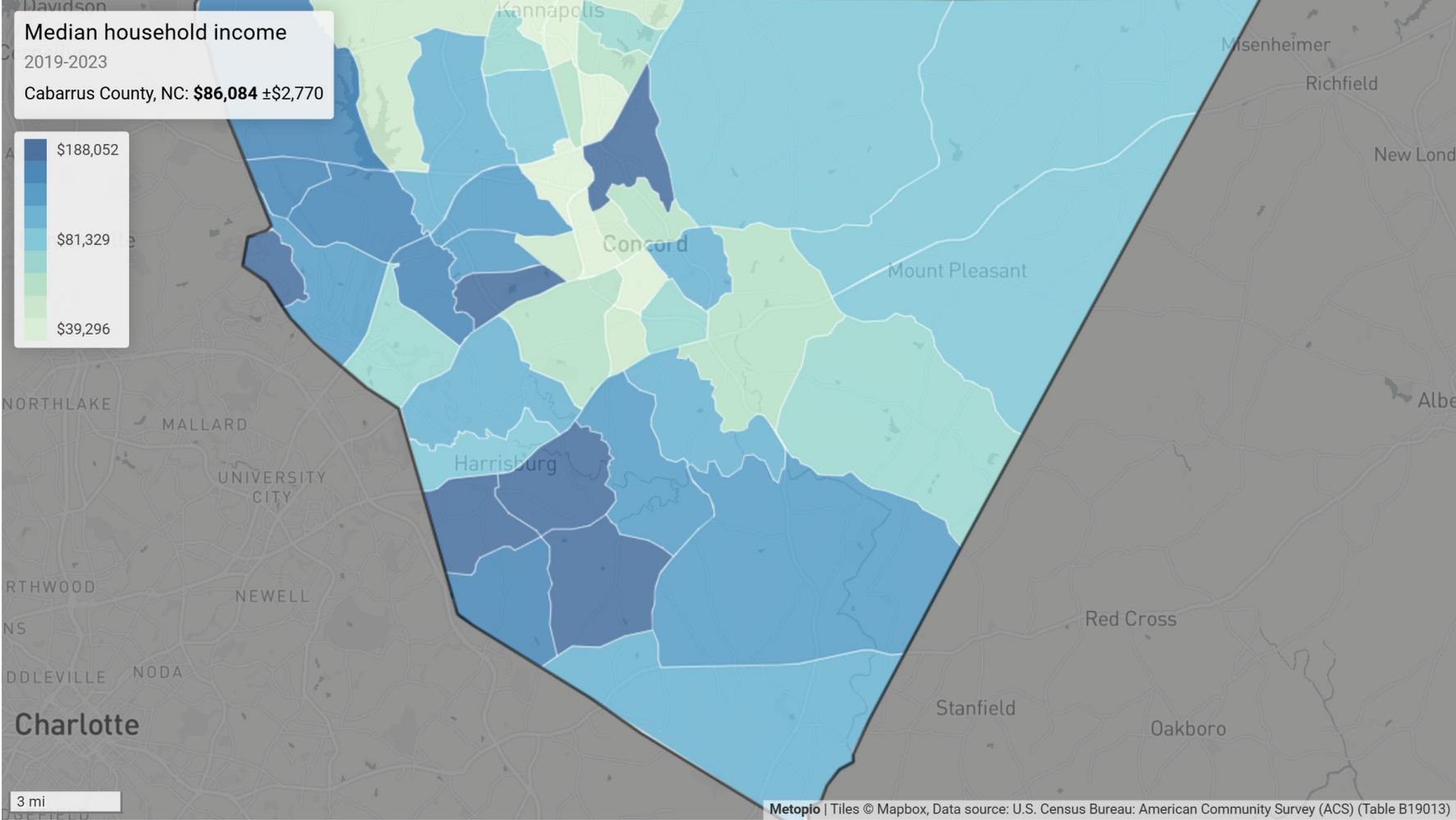
- 1) No high school diploma
- 2) Housing vacancy rate
- 3) Adults not working
- 4) Poverty rate
- 5) Median income ratio
- 6) Changes in employment
- 7) Changes in establishments

**Cabarrus County, North Carolina is prosperous with a distress score of 6.6688 and ranks 7 out of 100 counties in North Carolina.**

Cabarrus Zip Codes

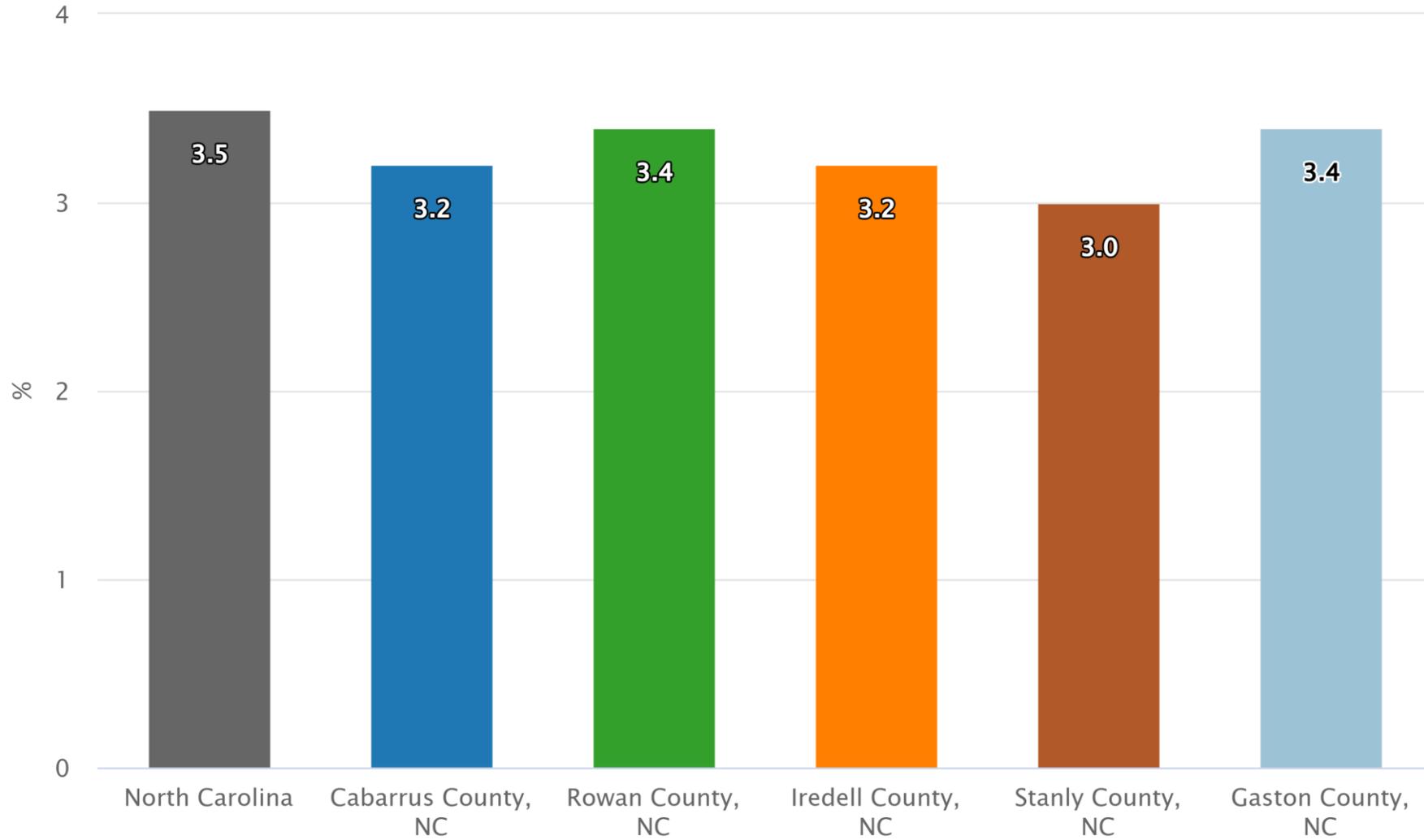


# Income by Location



# Unemployment rate (BLS), 2023

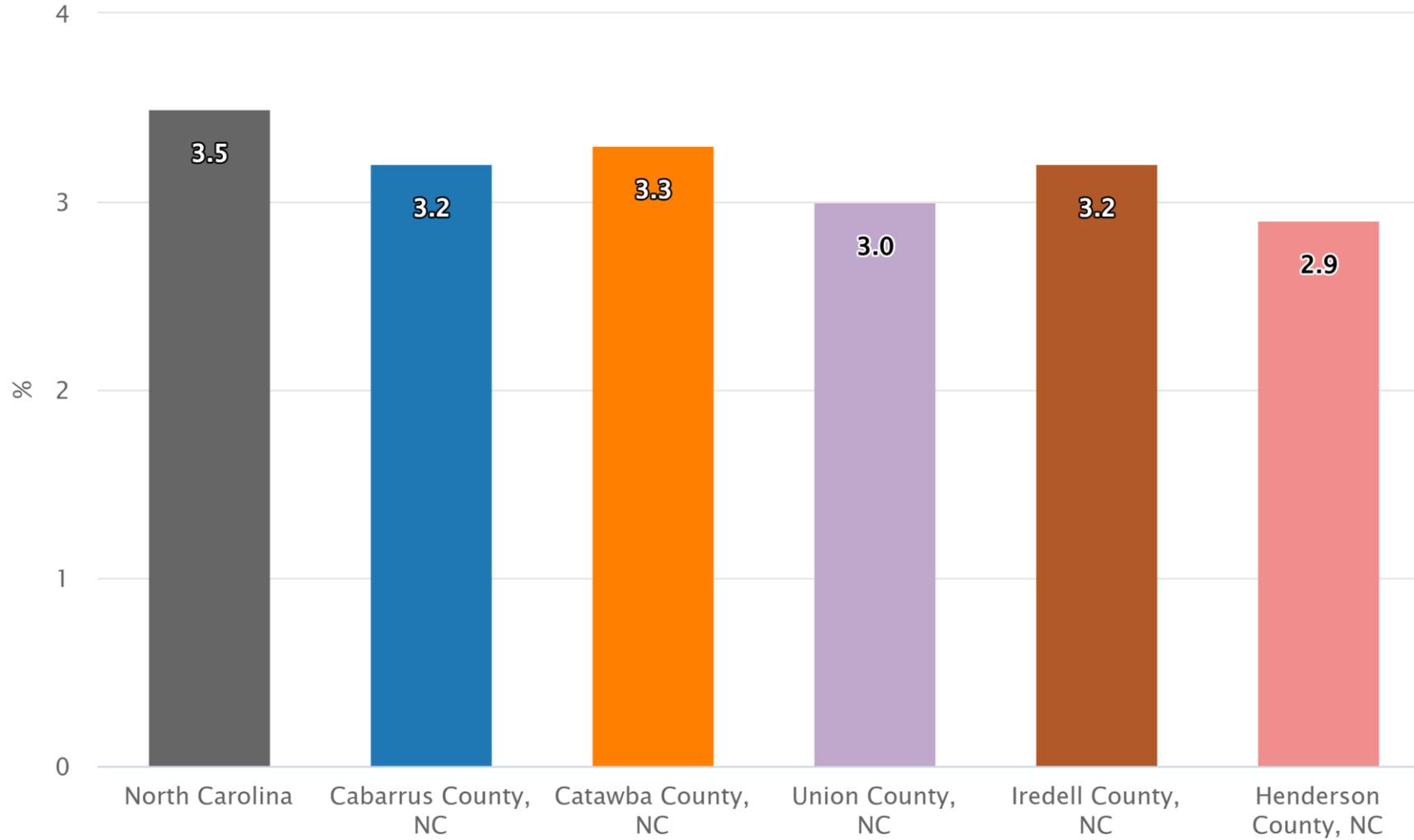
North Carolina and comparison



Created on Metopio | [metop.io/i/otm25ygw](https://metop.io/i/otm25ygw) | Data source: Bureau of Labor Statistics (BLS): Local Area Unemployment Statistics  
Unemployment rate (BLS): Percent of residents 16 and older in the civilian labor force who are not currently employed and actively seeking employment. Includes monthly data (not seasonally adjusted).

# Unemployment rate (BLS), 2023

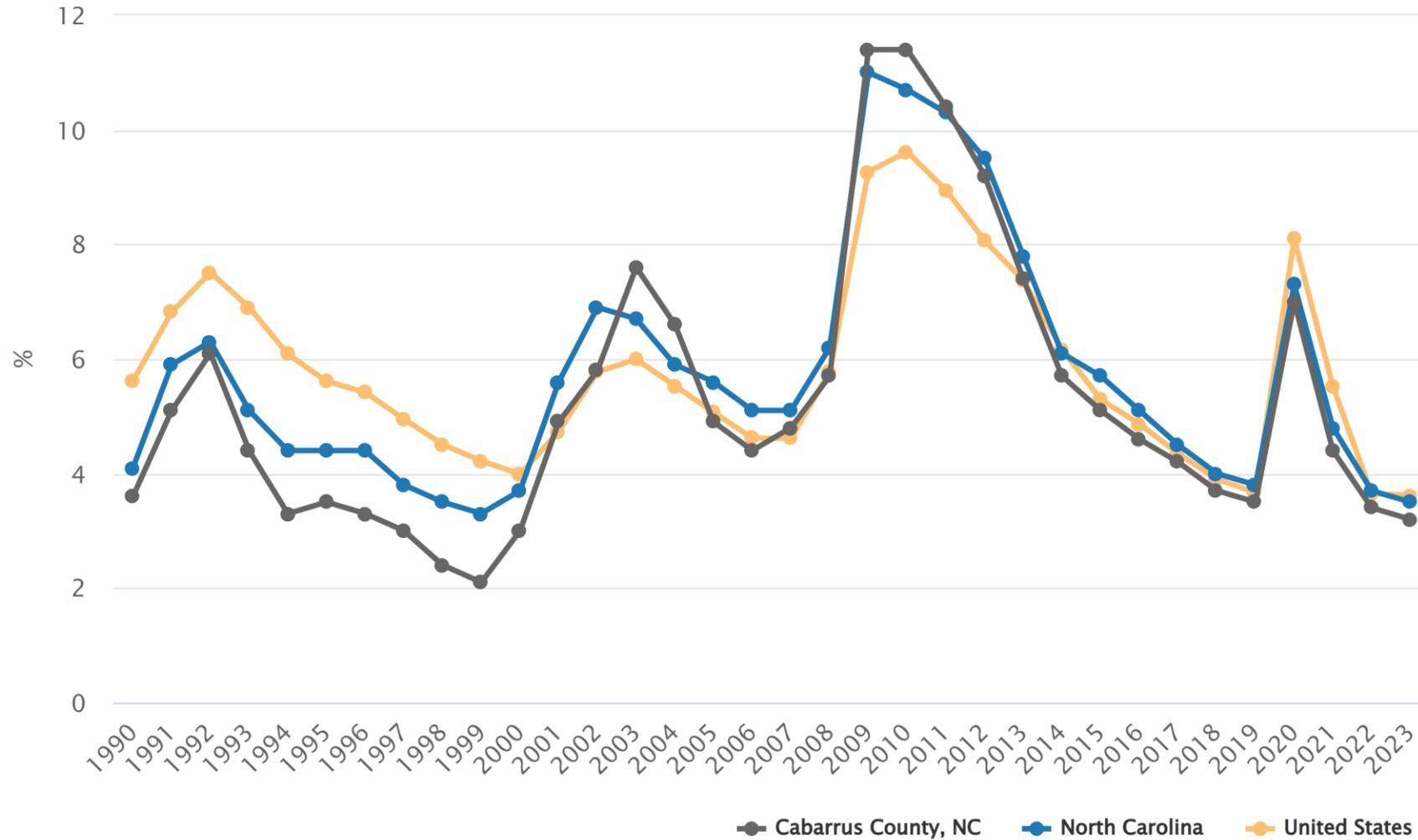
North Carolina and comparison



Created on Metopio | metop.io | Data source: Bureau of Labor Statistics (BLS): Local Area Unemployment Statistics  
Unemployment rate (BLS): Percent of residents 16 and older in the civilian labor force who are not currently employed and actively seeking employment. Includes monthly data (not seasonally adjusted).

# Unemployment rate (BLS)

Cabarrus County, NC and comparison



Created on Metopio | metop.io | Data source: Bureau of Labor Statistics (BLS): Local Area Unemployment Statistics  
Unemployment rate (BLS): Percent of residents 16 and older in the civilian labor force who are not currently employed and actively seeking employment. Includes monthly data (not seasonally adjusted).

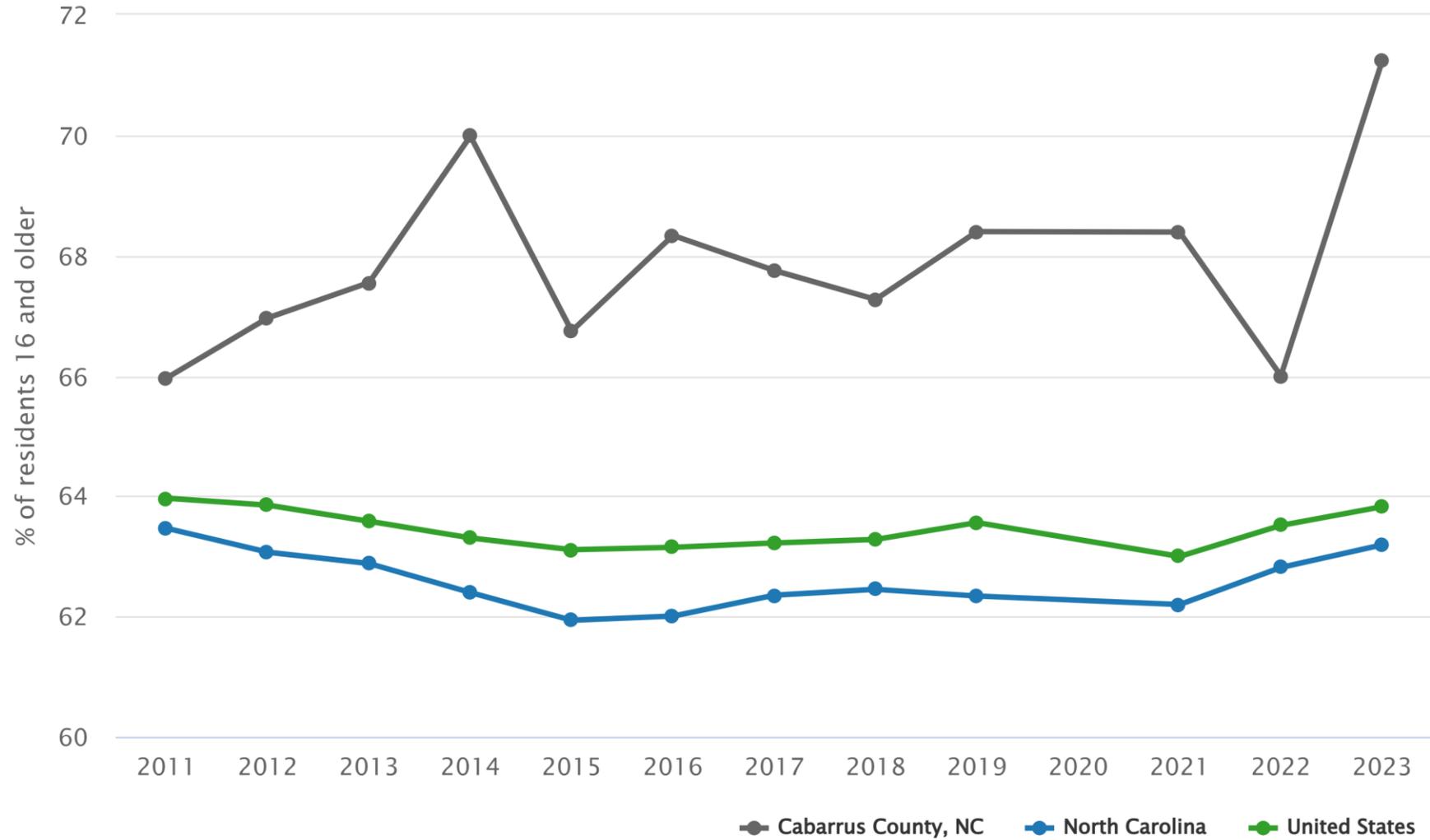
# Labor Utilization of Underemployment

NC, Fourth Quarter of 2023 through Third Quarter of 2024 Averages

<b>U-1</b> persons unemployed 15 weeks or longer	1.4%
<b>U-2</b> job losers and persons who completed temporary jobs	1.8%
<b>U-3</b> total unemployed (official unemployment rate)	3.4%
<b>U-4</b> total unemployed plus discouraged workers	3.6%
<b>U-5</b> total unemployed, plus discouraged workers, plus all other marginally attached workers	4.1%
<b>U-6</b> total unemployed, plus all marginally attached workers, plus total employed part time for economic reasons	6.7%

# Labor force participation

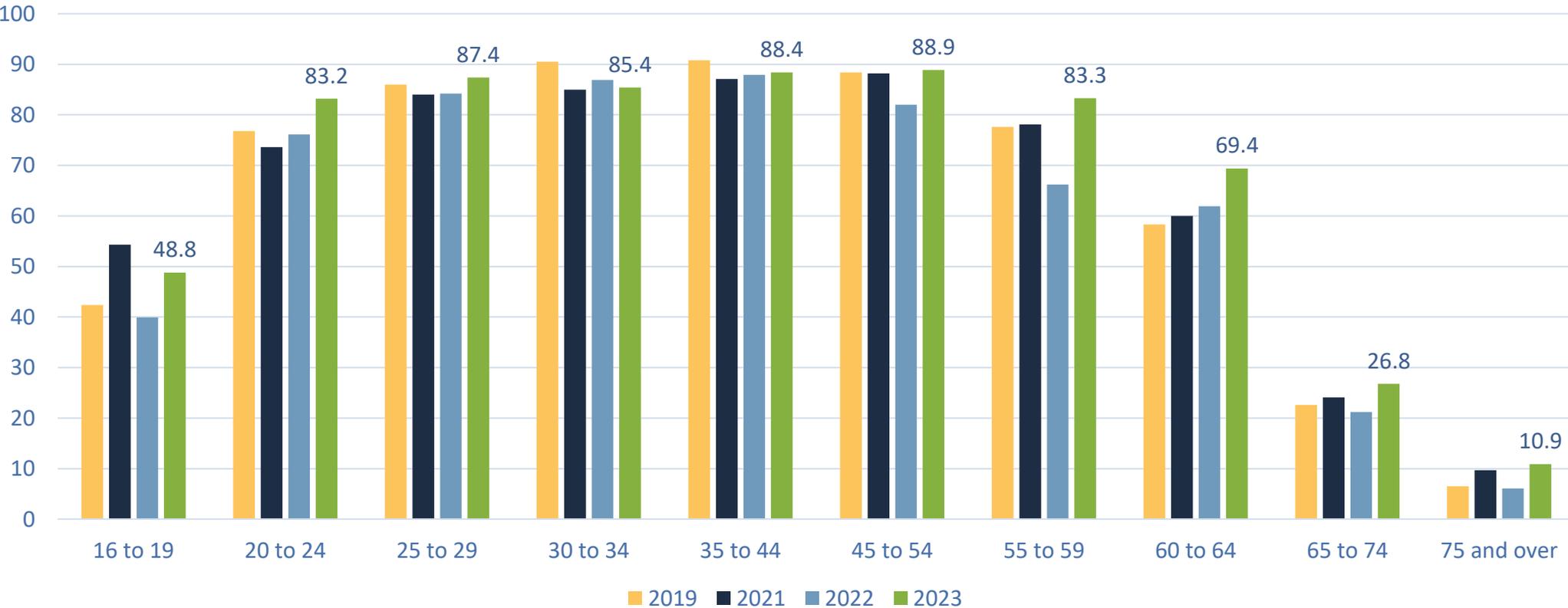
Cabarrus County, NC and comparison



Created on Metopio | metop.io | Data source: U.S. Census Bureau: American Community Survey (ACS) (Tables B23025, B23001, and C23002)

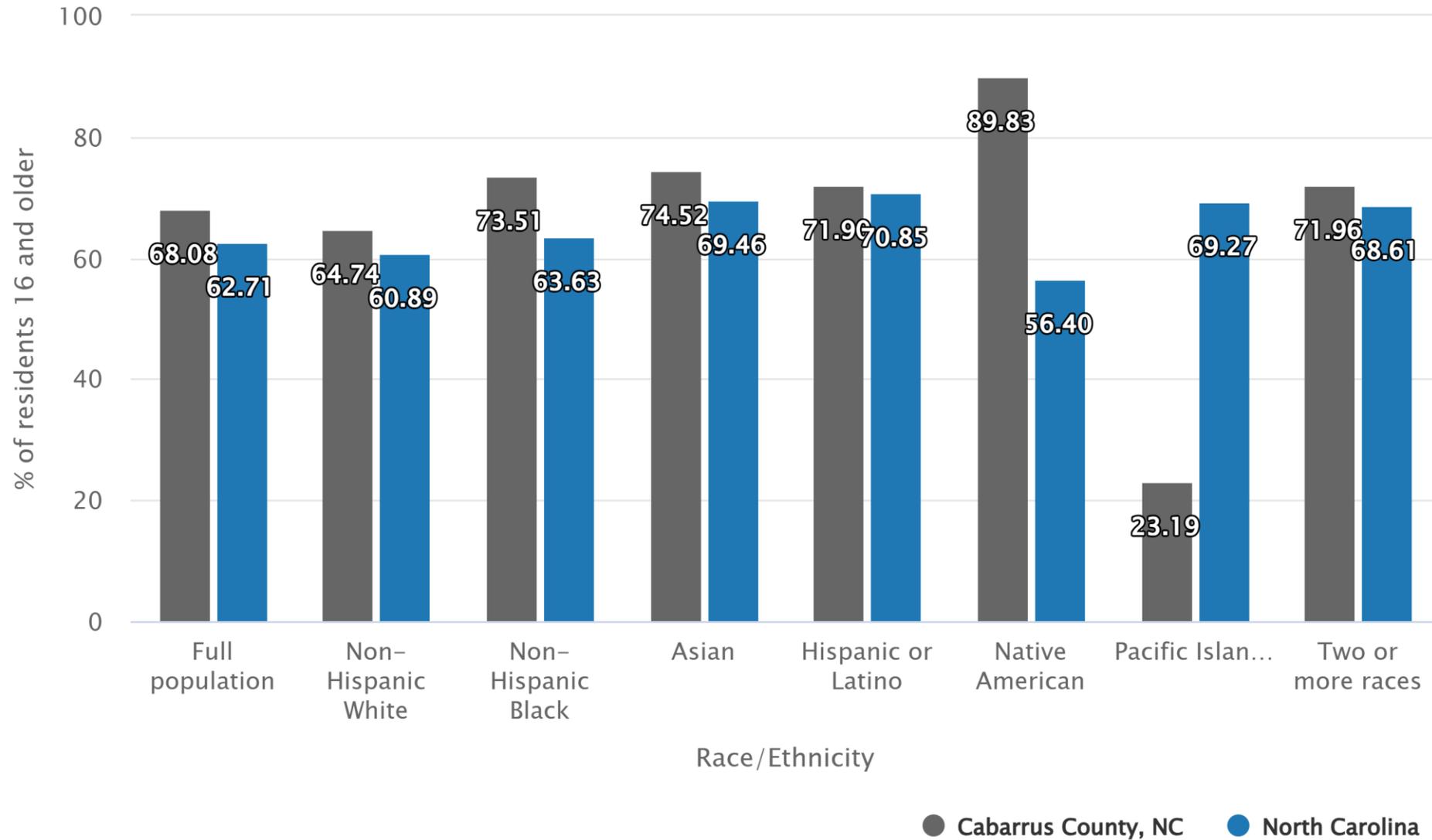
**Labor force participation:** Percent of residents 16 and older who are currently employed, enlisted in the armed forces, or actively seeking employment.

# Labor Force Participation % by Age Cabarrus



# Labor force participation by Race/Ethnicity, 2019–2023

Cabarrus County, NC and comparison

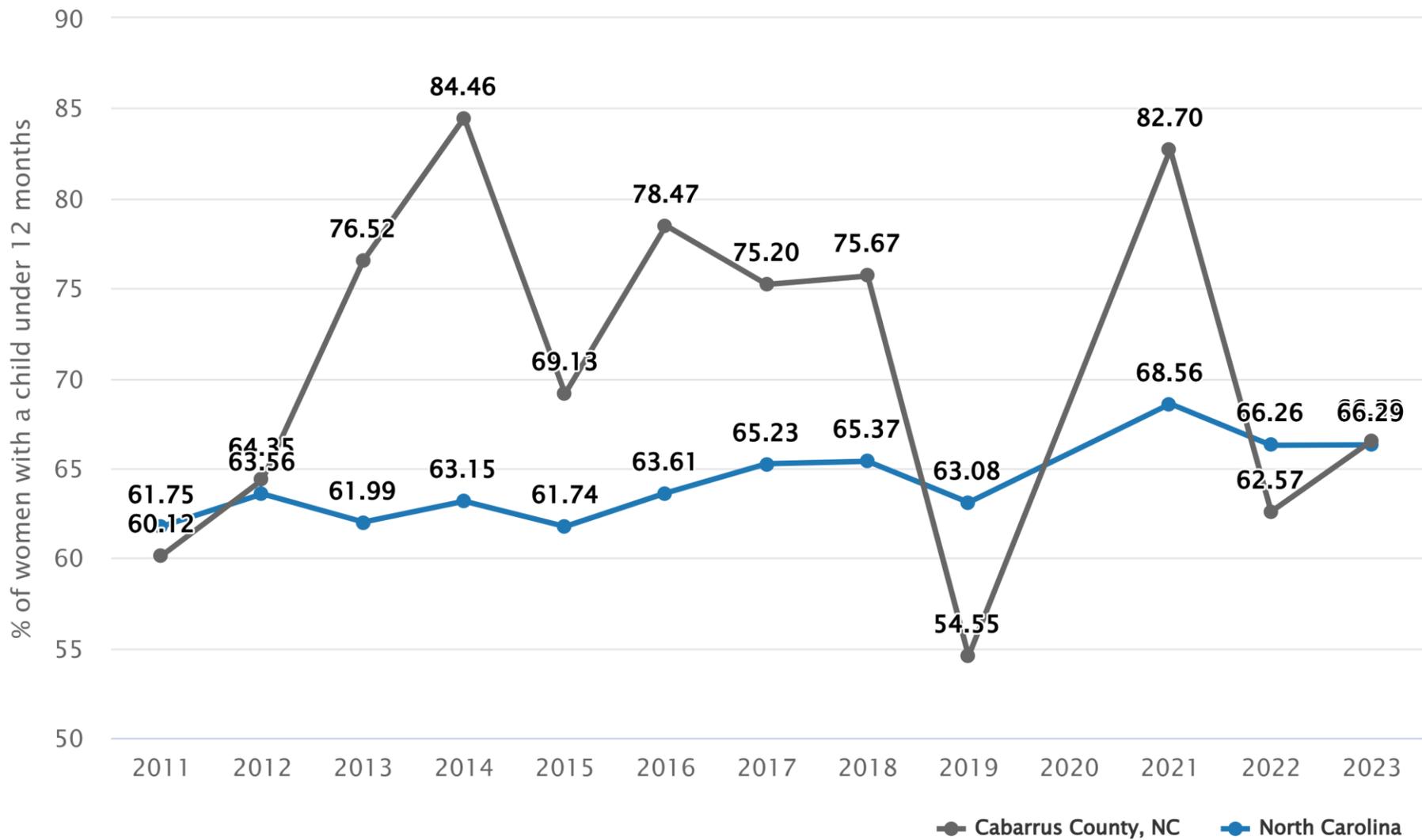


Created on Metopio | [metop.io/i/w5wnkji9](https://metop.io/i/w5wnkji9) | Data source: U.S. Census Bureau: American Community Survey (ACS) (Tables B23025, B23001, and C23002)

Labor force participation: Percent of residents 16 and older who are currently employed, enlisted in the armed forces, or actively seeking employment.

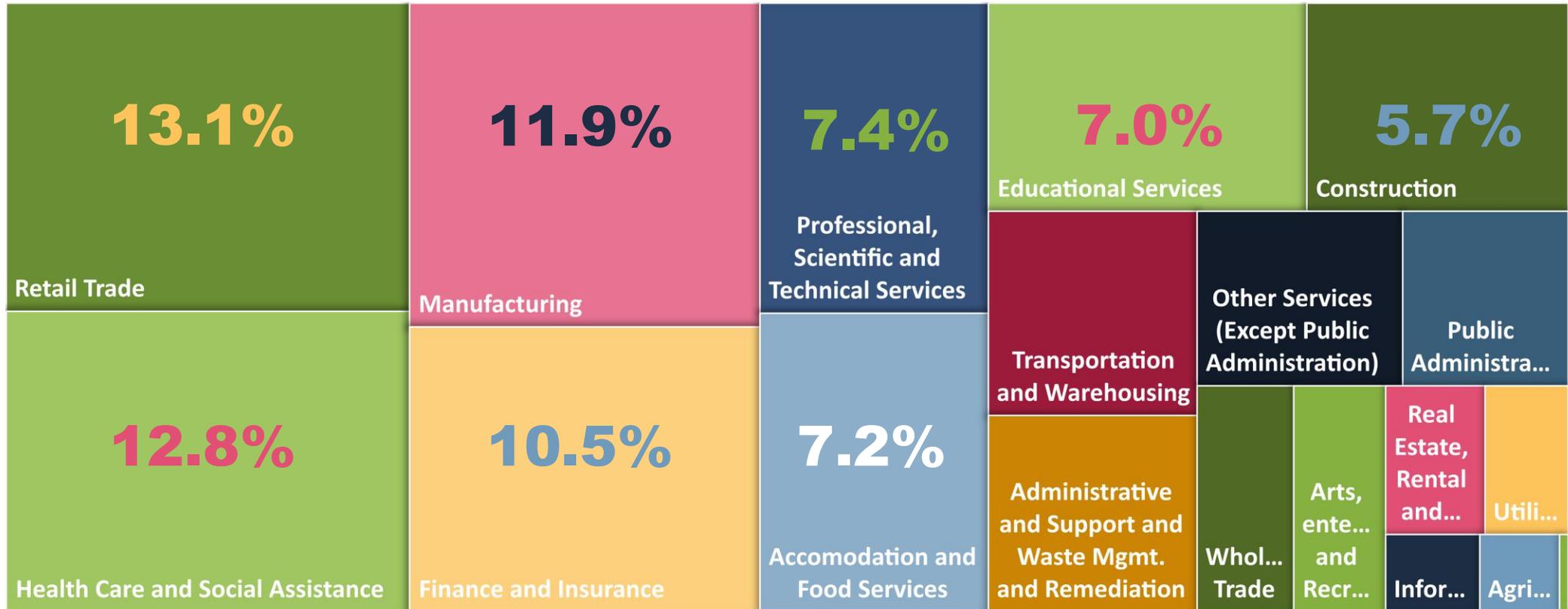
# Recent child and in the labor force

Cabarrus County, NC and comparison



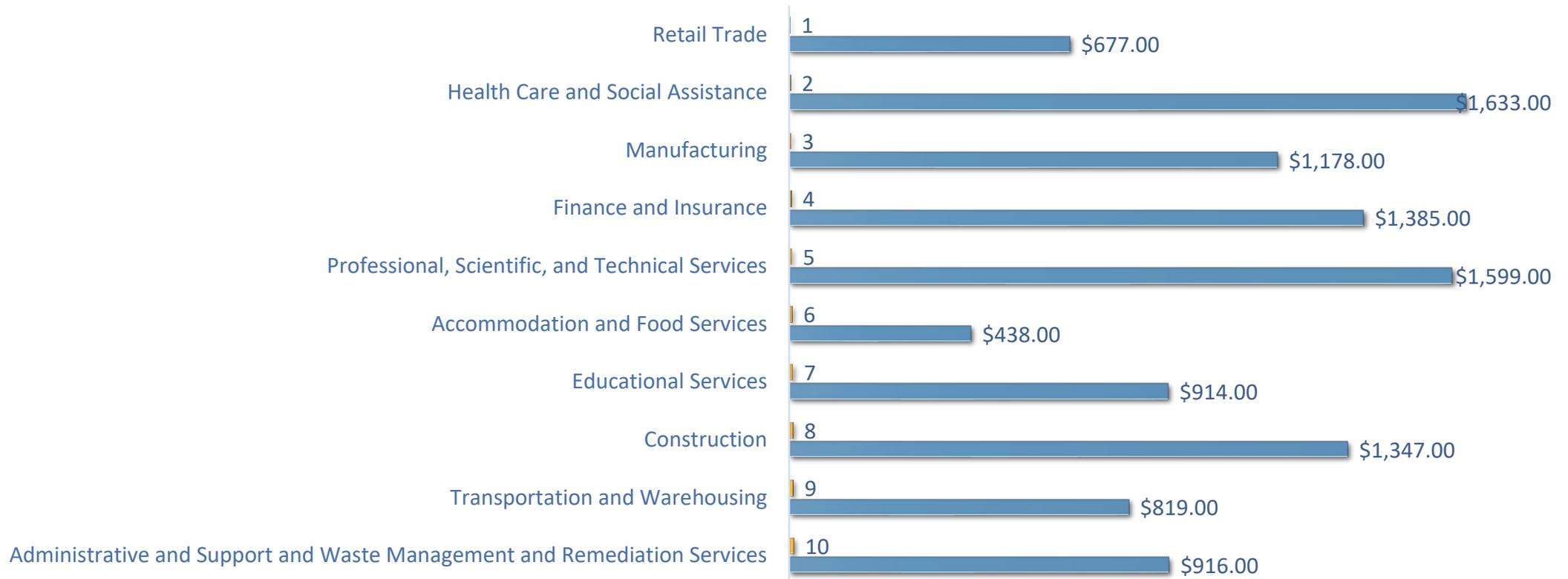
Created on Metopio | metop.io | Data source: U.S. Census Bureau: American Community Survey (ACS) (Table B13012)  
Recent child and in the labor force: Percentage of women who gave birth in the past 12 months who are currently in the labor force (including part-time and remote work).

# Industry Employment Cabarrus, 2023

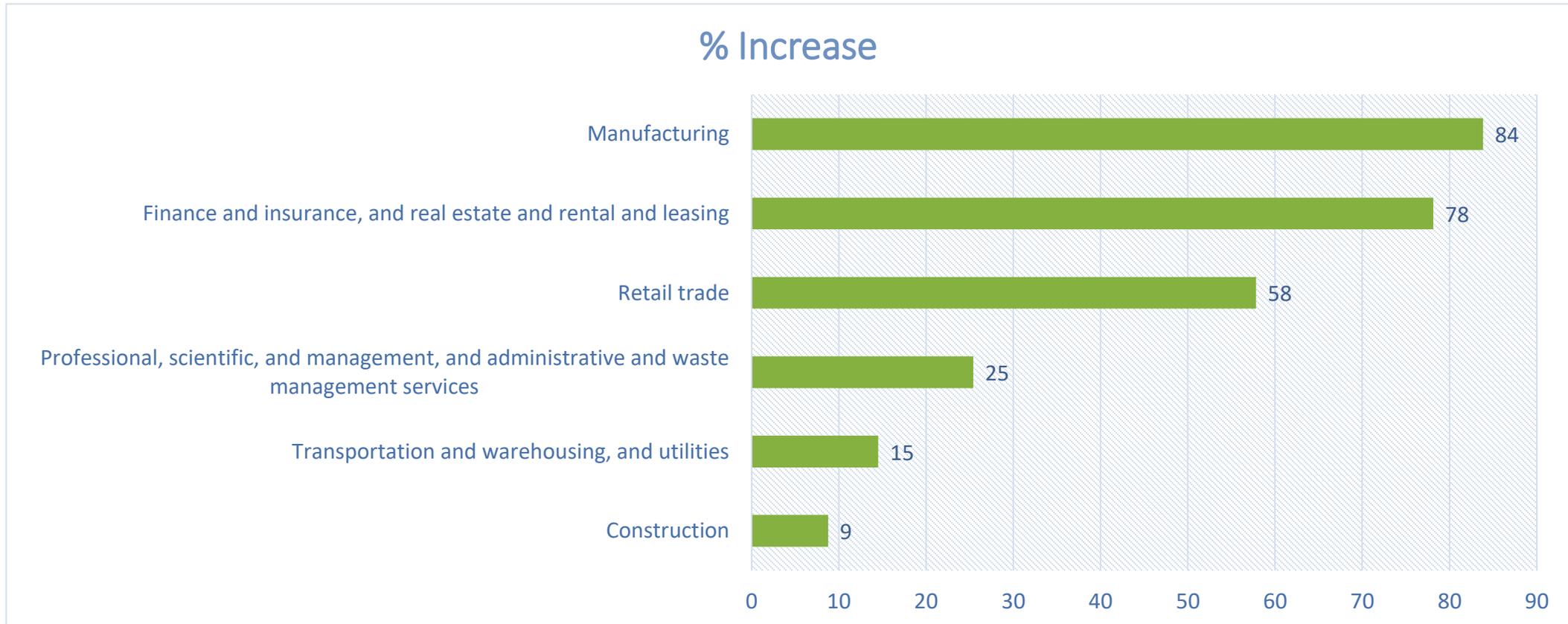


# Weekly Wages by Industry Cabarrus, 2024

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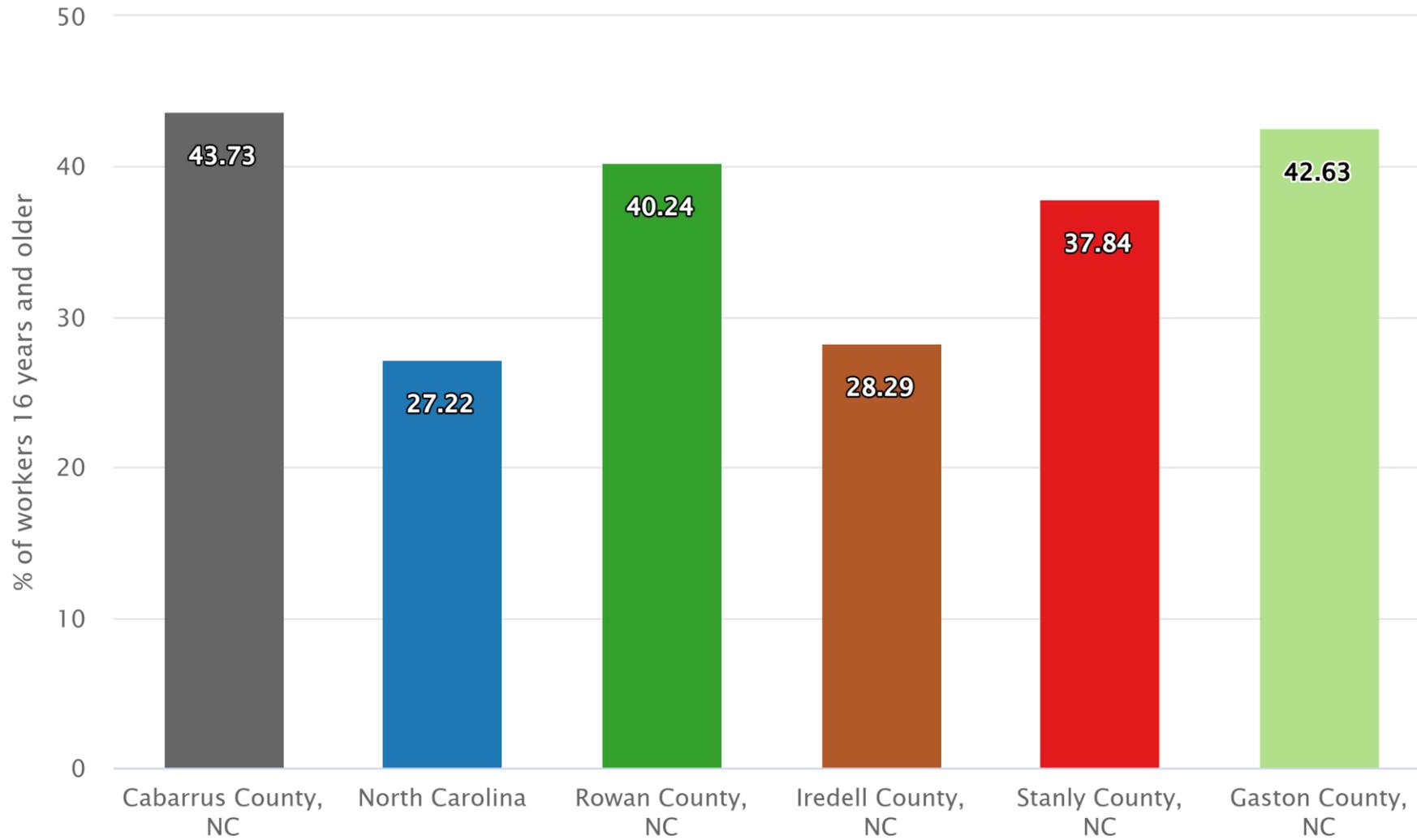


# Employment Growth Cabarrus, 2018-2023



# Work across county lines, 2023

Cabarrus County, NC and comparison



Created on Metopio | metop.io | Data source: U.S. Census Bureau: American Community Survey (ACS) (Table B08007)

Work across county lines: Percent of workers 16 and older who work outside the county of residence

# Typical Wages and Housing Affordability

2-bedroom FMR @ \$1,333 Cabarrus, \$1,034 Iredell, \$980 Rowan  
 Median List Price @ \$420,000 Cabarrus, \$399,500 Iredell, \$295,000 Rowan

Wages and Housing Affordability for Top 35 Occupations by Share of Labor Force (Charlotte-Concord-Gastonia Metropolitan Statistical Area)								
Occupation Sector, Title & Wages*					Housing Affordability**			
Sector Group (Code)	Labor Force Share	Occupation Title	Annual Wages		Max. Monthly Rent		Max. Purchase Price	
			Lower Quartile	Median	Lower Quartile	Median	Lower Quartile	Median
Sales and Related Occupations (41)	2.5%	Retail Salespersons	\$26,810	\$30,920	<b>\$670</b>	<b>\$773</b>	<b>\$89,367</b>	<b>\$103,067</b>
	2.4%	Cashiers	\$23,860	\$28,290	<b>\$597</b>	<b>\$707</b>	<b>\$79,533</b>	<b>\$94,300</b>
	1.2%	Sales Reps, Wholesale/Mfg.	\$48,230	\$63,720	<b>\$1,206</b>	<b>\$1,593</b>	<b>\$160,767</b>	<b>\$212,400</b>
	0.9%	Sales Reps, Services	\$46,710	\$63,910	<b>\$1,168</b>	<b>\$1,598</b>	<b>\$155,700</b>	<b>\$213,033</b>
	0.8%	First-Line Supervisors, Retail	\$37,680	\$47,510	<b>\$942</b>	<b>\$1,188</b>	<b>\$125,600</b>	<b>\$158,367</b>
Food Preparation/ Serving (35)	1.6%	Fast Food and Counter Workers	\$23,400	\$28,830	<b>\$585</b>	<b>\$721</b>	<b>\$78,000</b>	<b>\$96,100</b>
	1.5%	Waiters and Waitresses	\$19,610	\$21,000	<b>\$490</b>	<b>\$525</b>	<b>\$65,367</b>	<b>\$70,000</b>
	1.5%	Cooks, Fast Food	\$22,970	\$26,990	<b>\$574</b>	<b>\$675</b>	<b>\$76,567</b>	<b>\$89,967</b>
	0.9%	Cooks, Restaurant	\$29,120	\$36,070	<b>\$728</b>	<b>\$902</b>	<b>\$97,067</b>	<b>\$120,233</b>
	0.8%	First-Line Supervisors, Food Prep	\$35,590	\$45,120	<b>\$890</b>	<b>\$1,128</b>	<b>\$118,633</b>	<b>\$150,400</b>
Office and Administrative Support (43)	2.2%	Customer Services Reps.	\$35,110	\$40,410	<b>\$878</b>	<b>\$1,010</b>	<b>\$117,033</b>	<b>\$134,700</b>
	1.2%	Office Clerks	\$31,680	\$38,110	<b>\$792</b>	<b>\$953</b>	<b>\$105,600</b>	<b>\$127,033</b>
	1.0%	Bookkeeping/Auditing Clerks	\$38,280	\$47,390	<b>\$957</b>	<b>\$1,185</b>	<b>\$127,600</b>	<b>\$157,967</b>
	0.9%	First-Line Supervisors, Office	\$48,920	\$60,800	<b>\$1,223</b>	<b>\$1,520</b>	<b>\$163,067</b>	<b>\$202,667</b>
	0.9%	Secretaries/Administrative Assts.	\$37,070	\$43,270	<b>\$927</b>	<b>\$1,082</b>	<b>\$123,567</b>	<b>\$144,233</b>
Transportation Material Moving (53)	3.3%	Laborers/Material Movers	\$33,330	\$35,390	<b>\$833</b>	<b>\$885</b>	<b>\$111,100</b>	<b>\$117,967</b>
	1.9%	Stockers/Order Fillers	\$31,150	\$35,980	<b>\$779</b>	<b>\$900</b>	<b>\$103,833</b>	<b>\$119,933</b>
	1.5%	Heavy/Tractor Trailer Drivers	\$46,100	\$52,090	<b>\$1,153</b>	<b>\$1,302</b>	<b>\$153,667</b>	<b>\$173,633</b>
	0.9%	Light Truck Drivers	\$34,390	\$38,460	<b>\$860</b>	<b>\$962</b>	<b>\$114,633</b>	<b>\$128,200</b>



# Major Employers

## *Cabarrus County, 2024 Quarter 2*

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1	Atrium Health
2	Cabarrus County Schools
3	Amazon
4	Wal-Mart
5	Cabarrus County
6	City Of Concord
7	FedEx
8	Corning Incorporated
9	Shoe Show Inc
10	Food Lion

11	Kannapolis City Schools
12	Hendrick Motorsports, Inc.
13	Great Wolf Lodge
14	Speedway Motorsports
15	City of Kannapolis
16	Harris Teeter
17	Lowes Home Centers
18	Hendrick Trustee (Hendrick Automotive)
19	Eli Lilly
20	Wayne Brothers

# New Cabarrus Business

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## Eli Lilly

- 600 Jobs
- \$2B Investment



## NASCAR Productions

- 125 Jobs
- \$28.5M Investment



## Hendrick Campus Development

- 100+ Jobs
- \$120M Investment



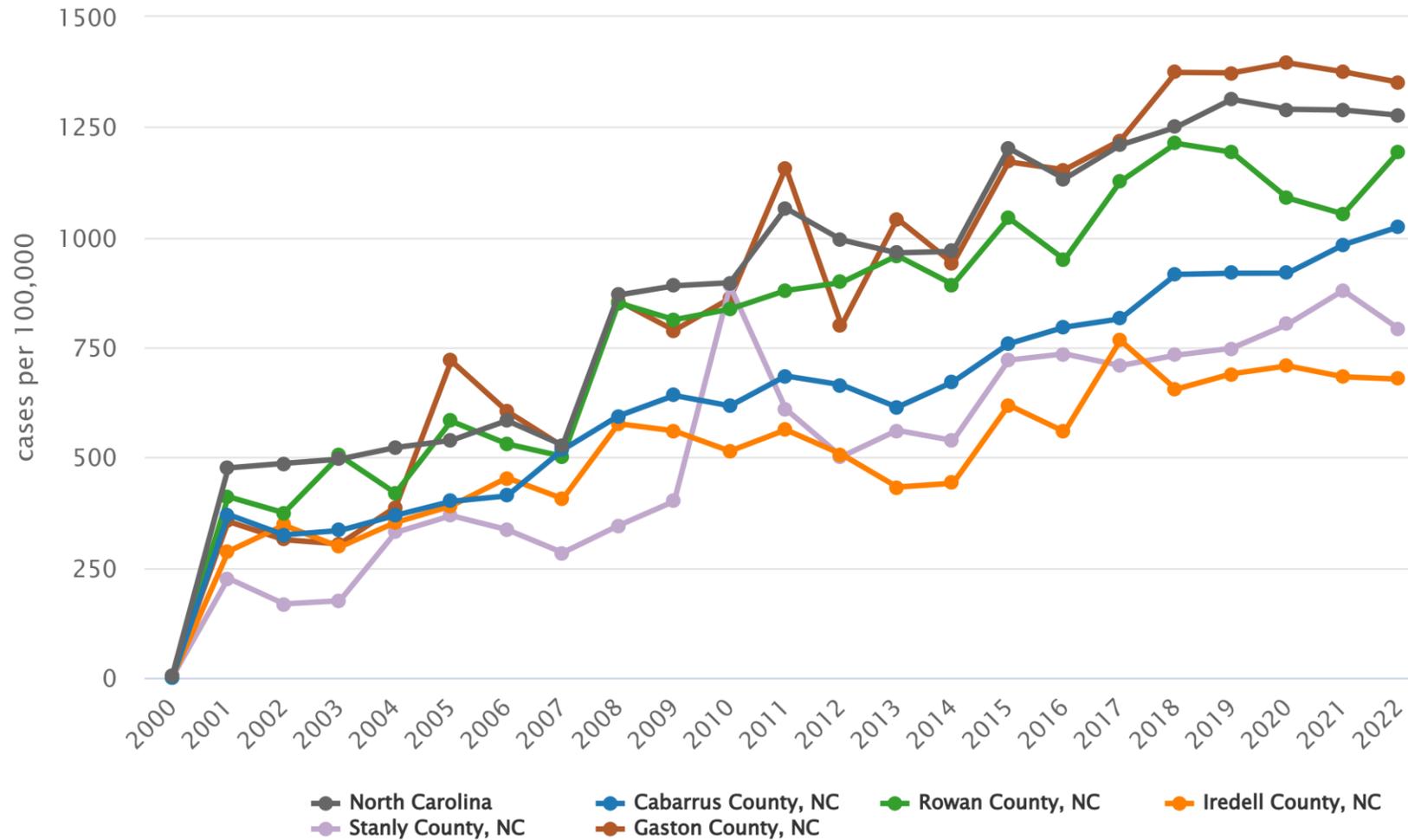
# SEXUAL HEALTH

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**Tamara Lunsford-Key**  
**Program Director – Communicable  
Disease and Adult Health**  
Cabarrus Health Alliance

# Sexually transmitted infection prevalence

## North Carolina and comparison



Created on Metopio | metop.io | Data source: Centers for Disease Control and Prevention (CDC): National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention: Atlas Plus (Via <http://healthindicators.gov>)

Sexually transmitted infection prevalence: The number of sexually transmitted infections per 100,000 residents. Includes chlamydia, gonorrhea, syphilis, and HIV/AIDS cases. More than half of these cases are from chlamydia alone.

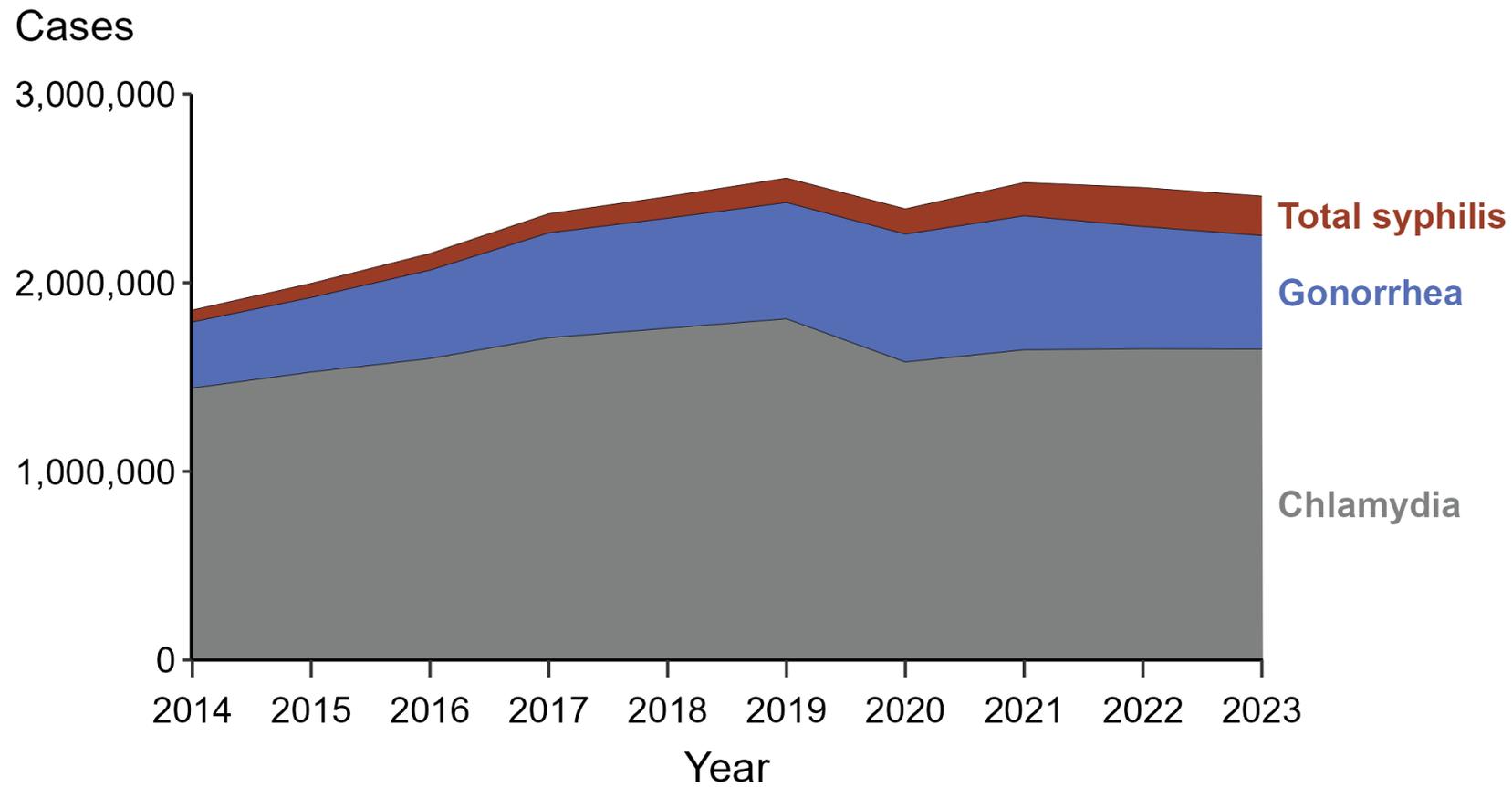
# STI's and Young Adults

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The CDC estimates that in 2023, almost half (48.2%) of reported cases of chlamydia, gonorrhea, and syphilis (all stages) were among adolescents and young adults aged 15–24 years.

# Sexually Transmitted Infections (STIs)

*Reported Cases by STI and Year, United States, 2014–2023*

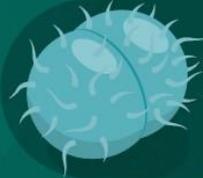


**NOTE:** "Total syphilis" includes all stages of syphilis and congenital syphilis.

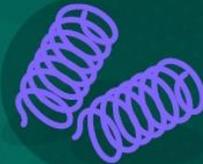
# The State of STIs in the U.S. in 2023



**1.6 million** cases of **CHLAMYDIA**;  
**9% decrease** since 2019.



**601,319** cases of **GONORRHEA**;  
**2% decrease** since 2019.



**209,253** cases of **SYPHILIS**;  
**61% increase** since 2019.

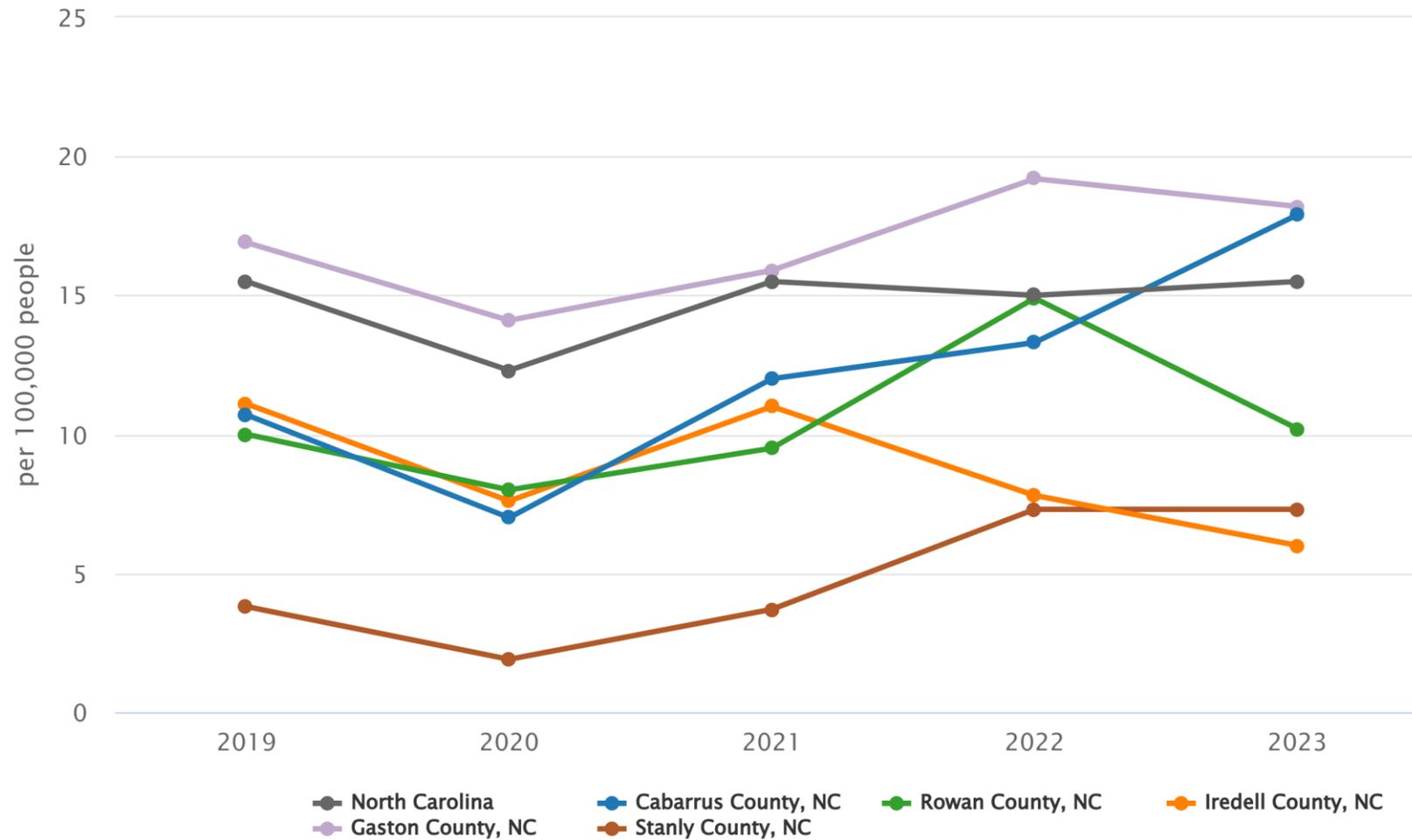


**3,882** cases of **SYPHILIS  
AMONG NEWBORNS**;  
**106% increase** since 2019.



# HIV diagnosis rate (NC)

North Carolina and comparison

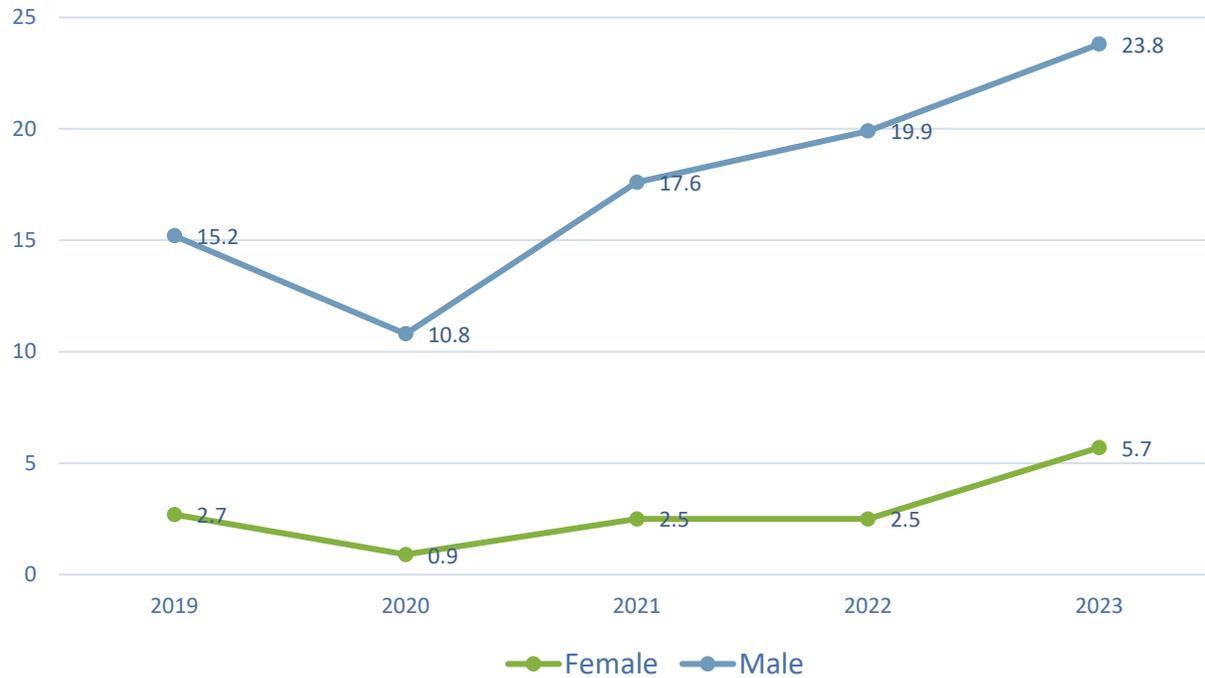


Created on Metopio | [metop.io/i/rj7r4wqa](https://metop.io/i/rj7r4wqa) | Data source: North Carolina Department of Health and Human Services (NCDHHS): North Carolina HIV, STD, and Hepatitis Surveillance Reports

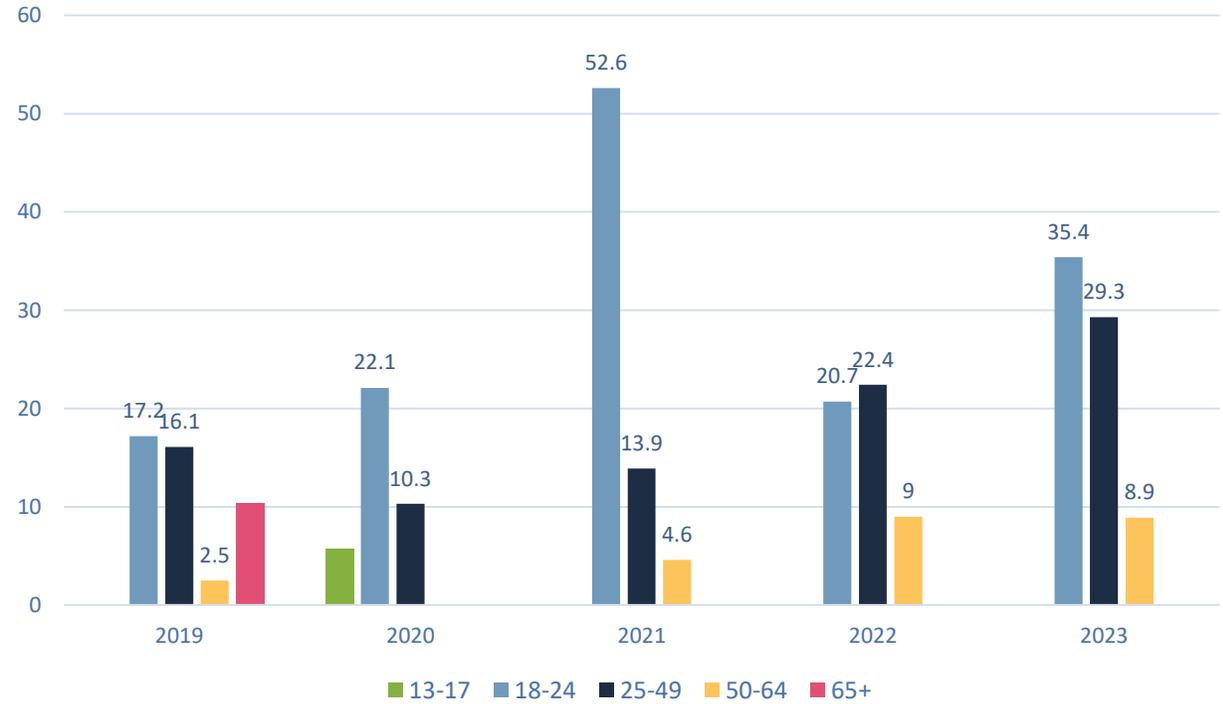
HIV diagnosis rate (NC): New HIV diagnoses per 100,000 adults and adolescents.

# HIV Case Rate, Cabarrus

## HIV Case rate per 100,000 by Gender

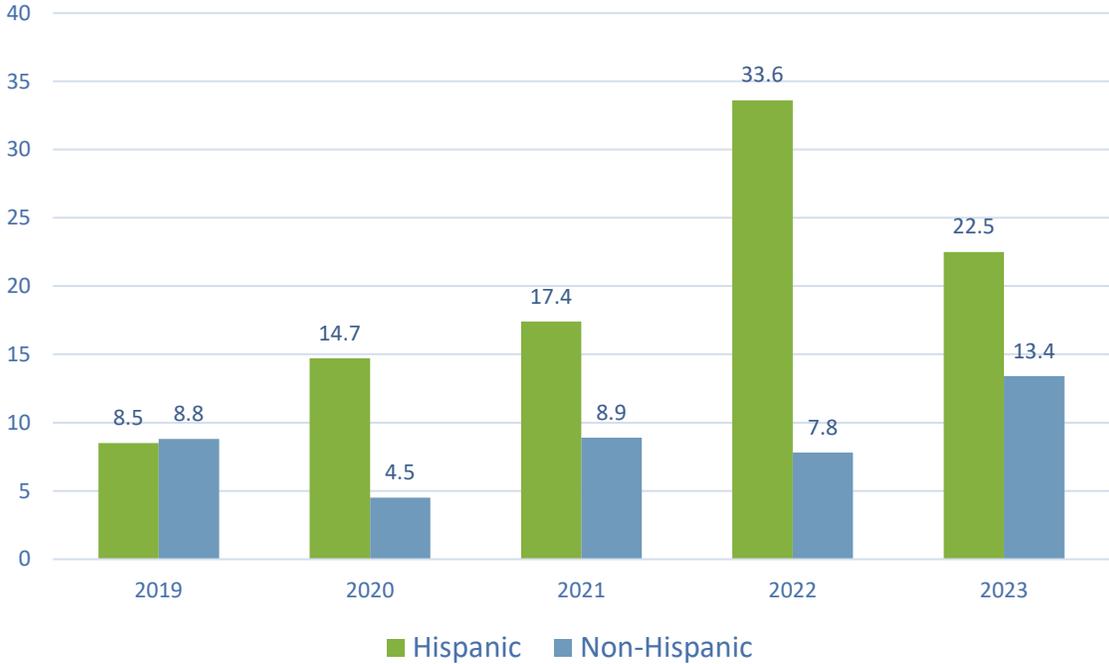


## HIV Case rate per 100,000 by Age Group

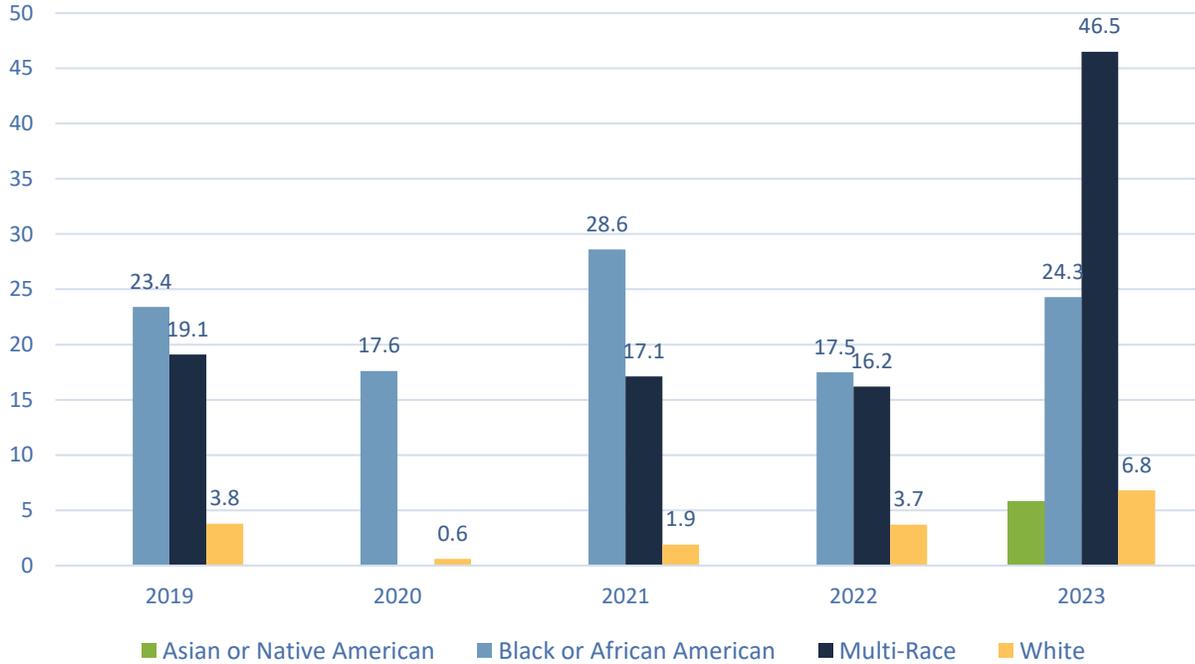


# HIV Case Rate, Cabarrus

HIV Case rate per 100,000 by Ethnicity



HIV Case Rate per 100,000 by Race



# PrEP

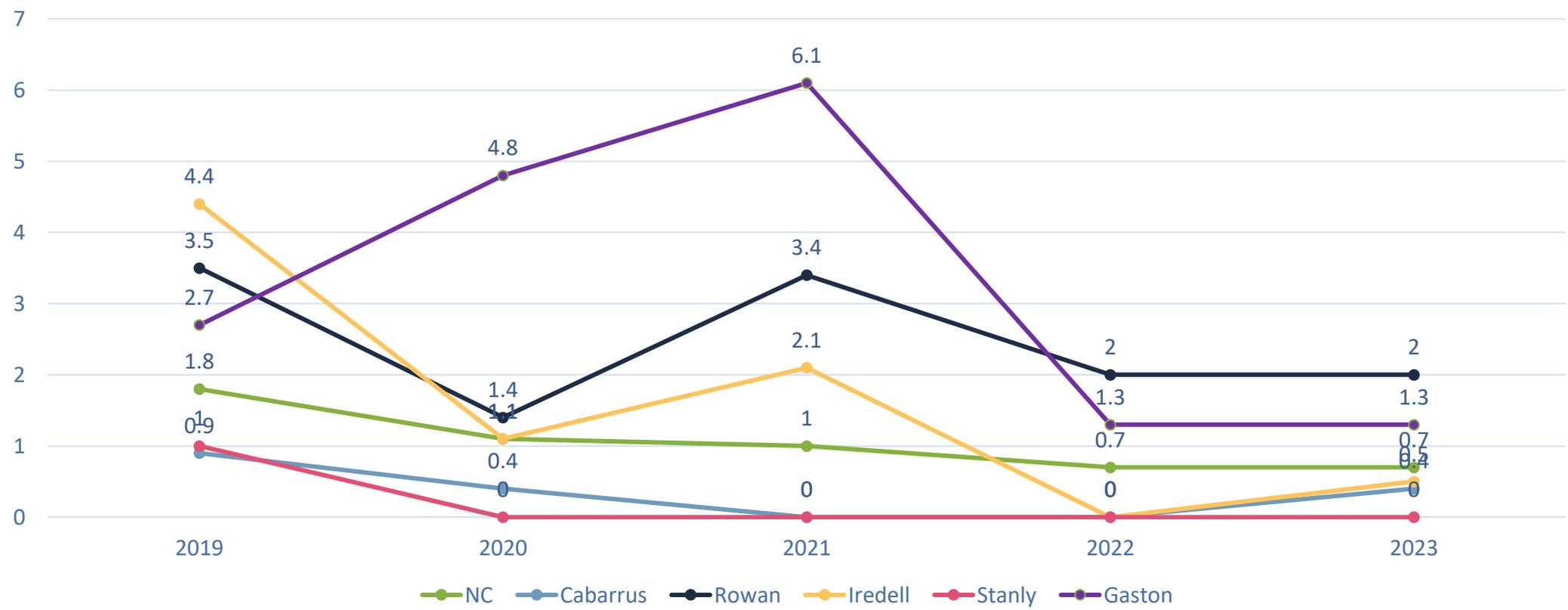
People at high risk for HIV can take this to prevent HIV (must take daily).

# PEP

Must be taken within 72 hours of possible HIV exposure from intercourse or injection drug use.

# Acute Hepatitis C (HCV)

## *Annual Rates by County of Diagnosis*



# Hepatitis C Treatment

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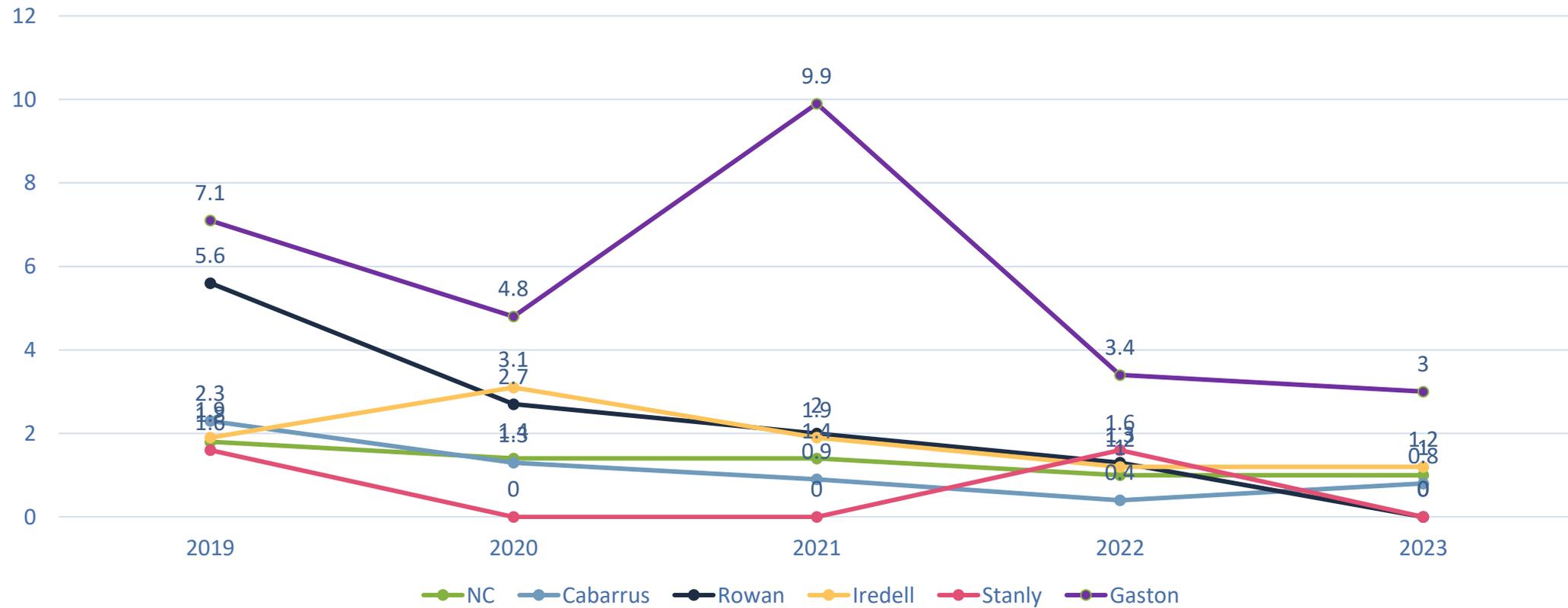
The hepatitis C virus is usually spread when someone comes into contact with blood from an infected person.

Many people with hepatitis C do not have symptoms and do not know they are infected. Getting tested is the only way to know if you have hepatitis C.

Hepatitis C can be cured. Treatments are available that can cure most people within 8 to 12 weeks.

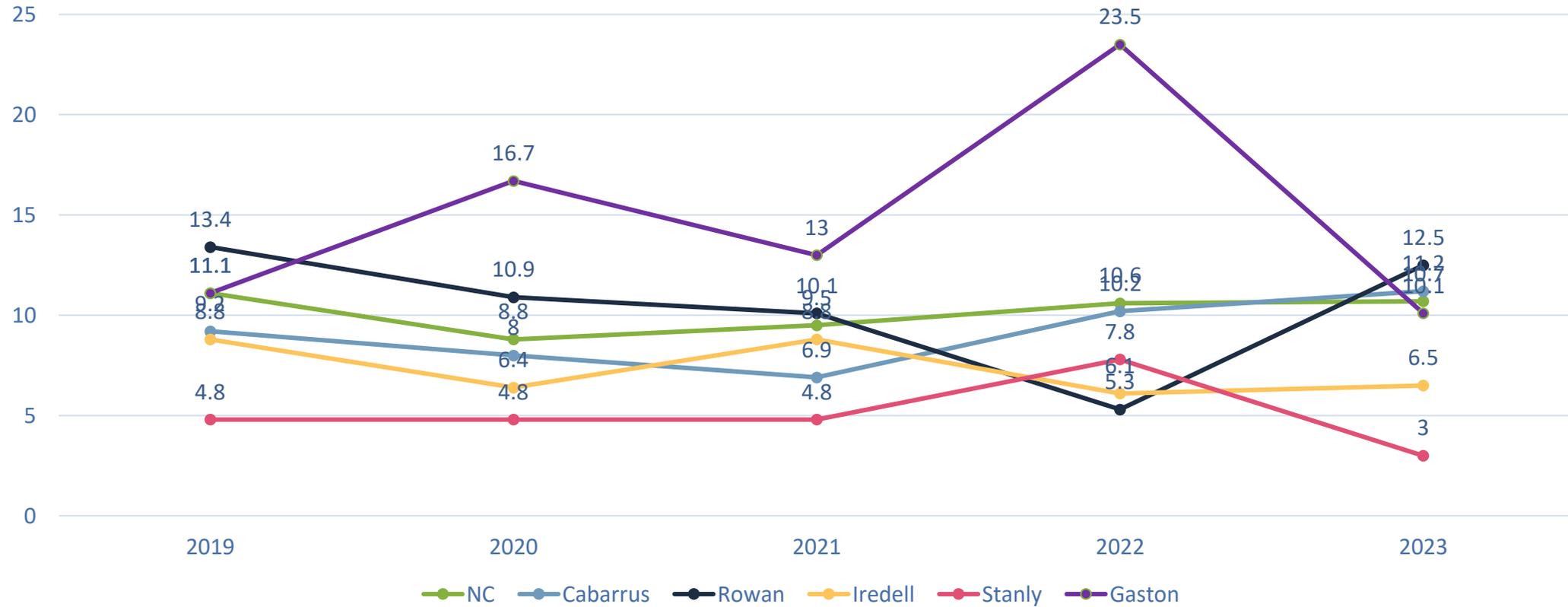
# Acute Hepatitis B

## *Annual Rates by County of Diagnosis*



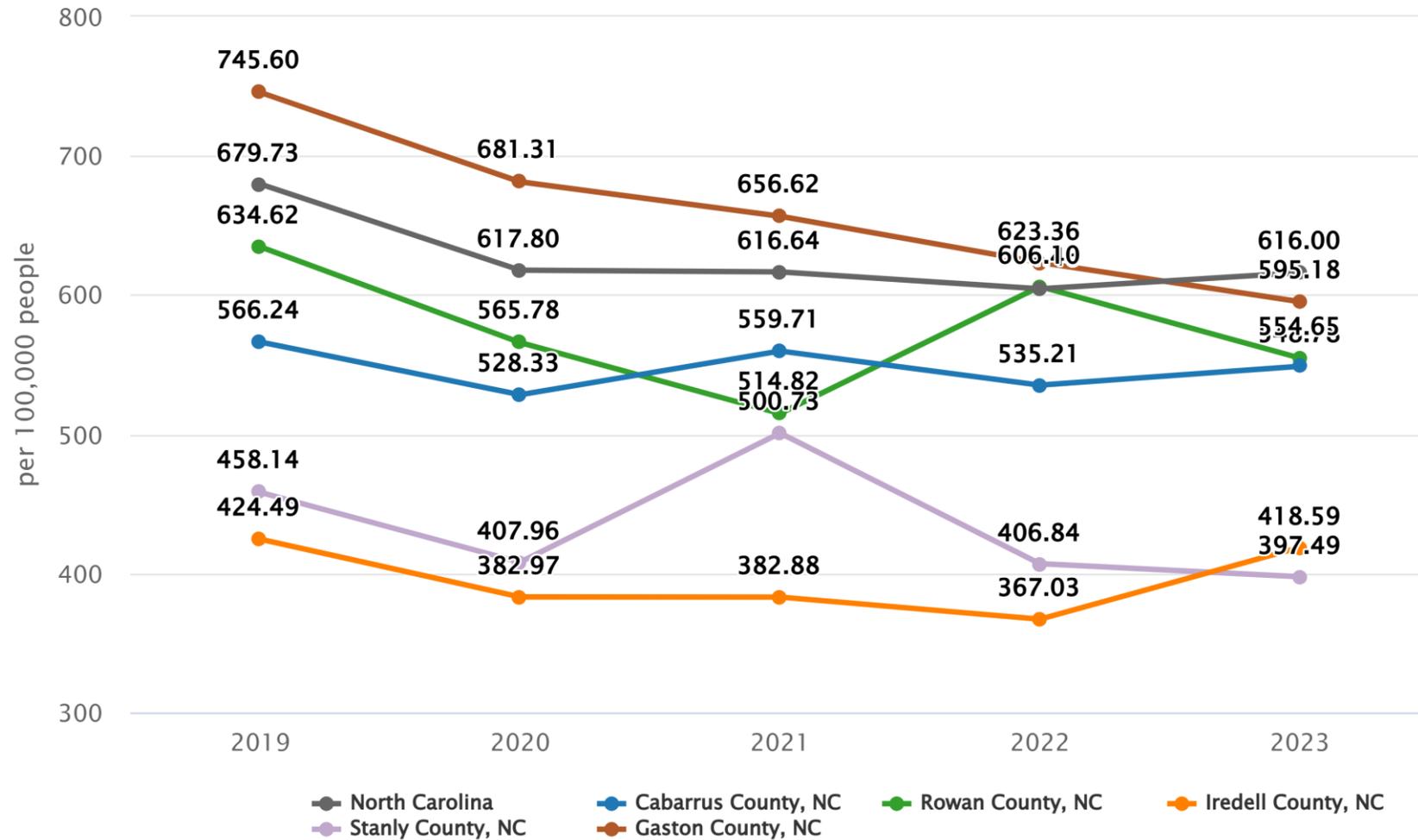
# Chronic Hepatitis B

## *Annual Rates by County of Diagnosis*



# Chlamydia diagnosis rate (NC)

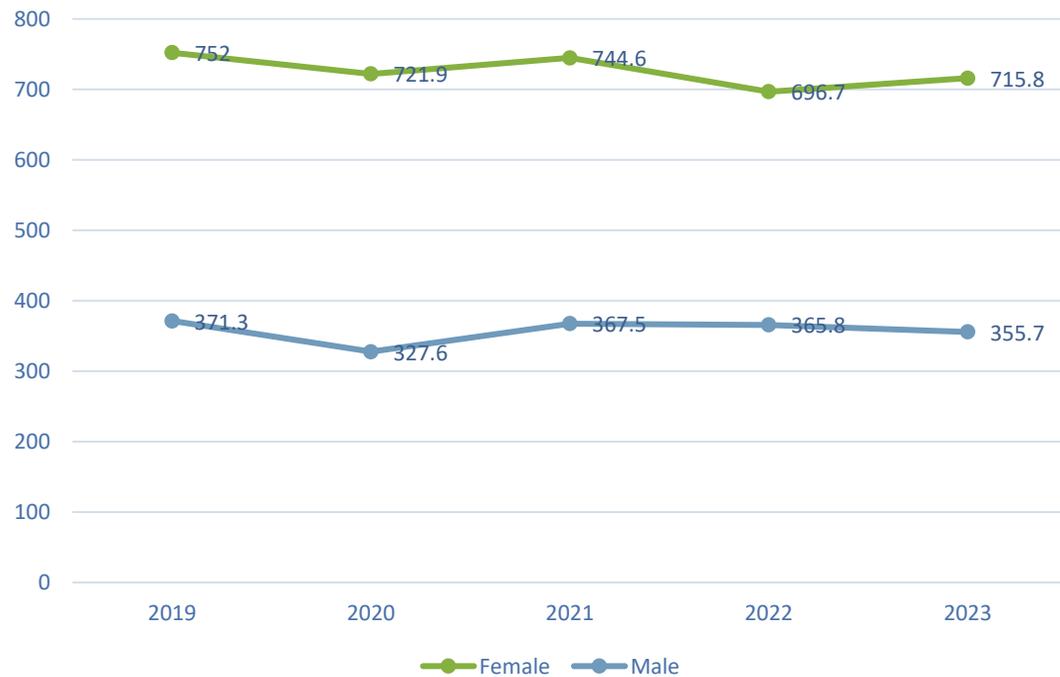
North Carolina and comparison



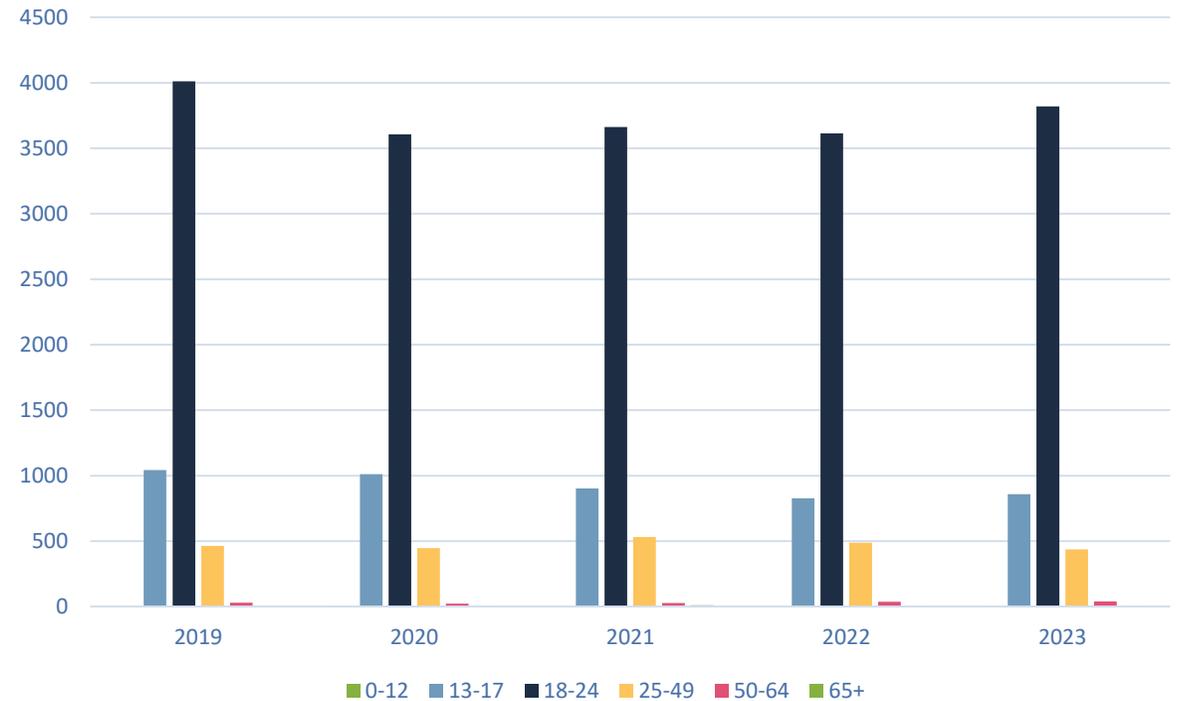
Created on Metopio | [metop.io/i/7h1rf3dz](https://metop.io/i/7h1rf3dz) | Data source: North Carolina Department of Health and Human Services (NCDHHS): North Carolina HIV, STD, and Hepatitis Surveillance Reports  
Chlamydia diagnosis rate (NC): Newly diagnosed chlamydia cases per 100,000 residents.

# Chlamydia Case Rate, *Cabarrus*

### Chlamydia Case Rate by Gender

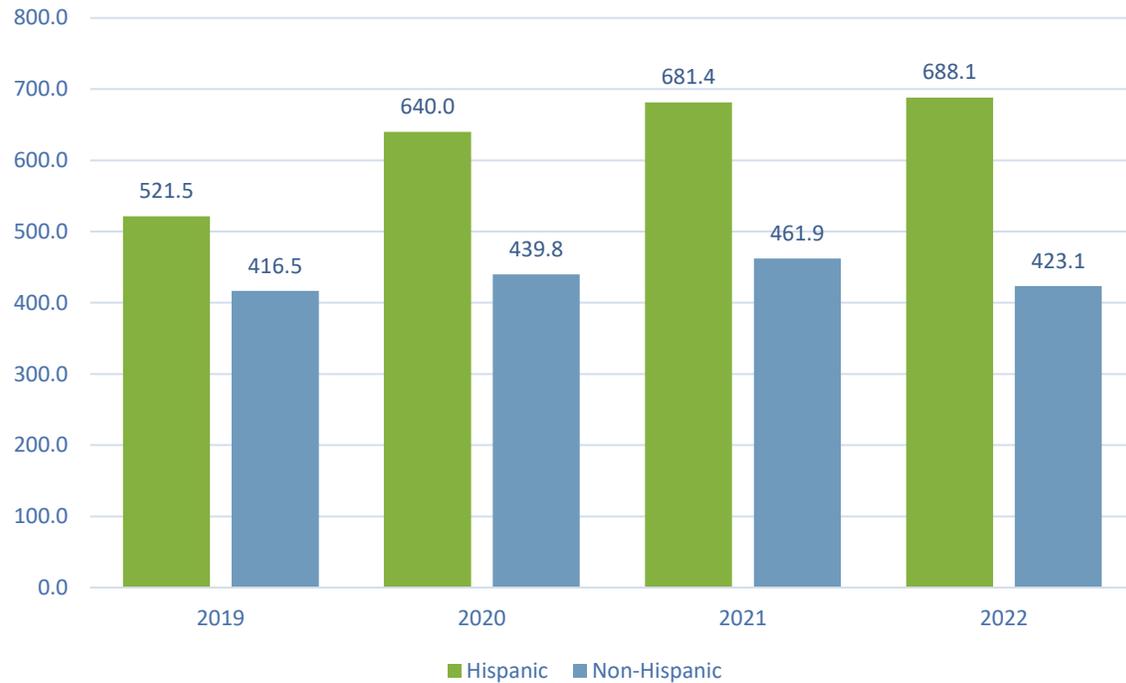


### Chlamydia Case Rate by Age Group

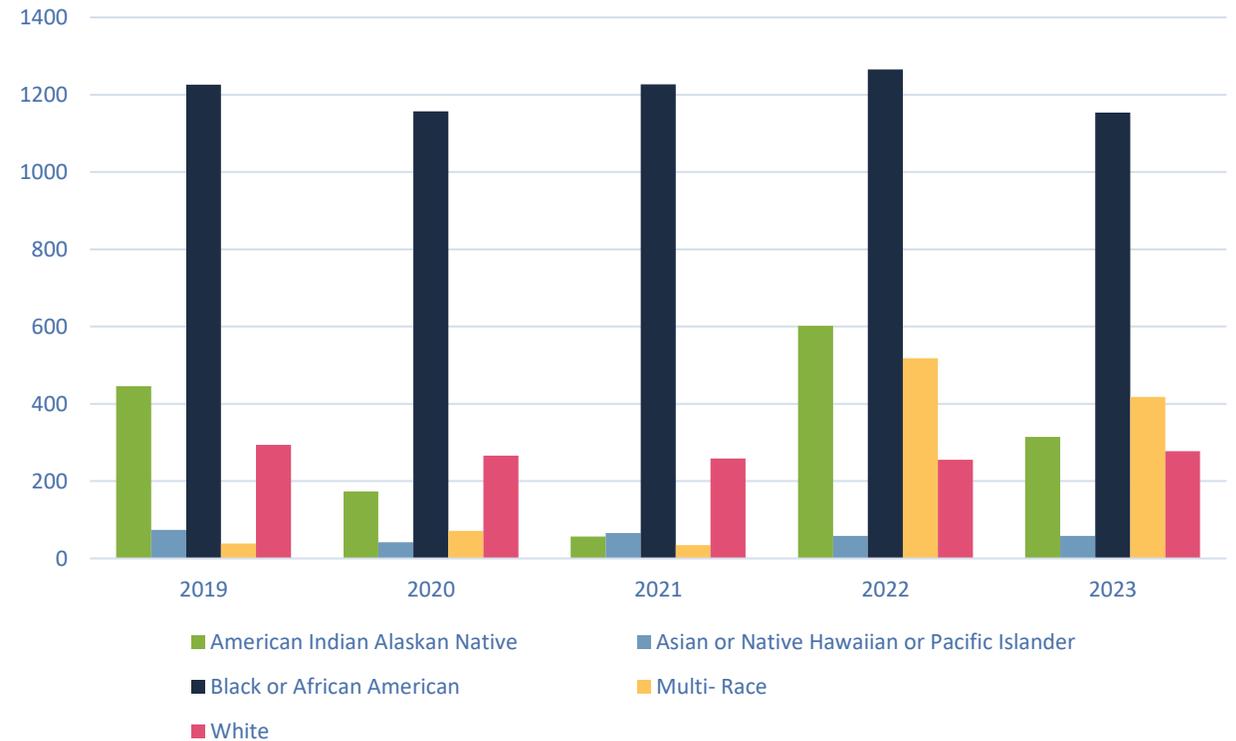


# Chlamydia Case Rate, *Cabarrus*

## Chlamydia Case Rate by Ethnicity

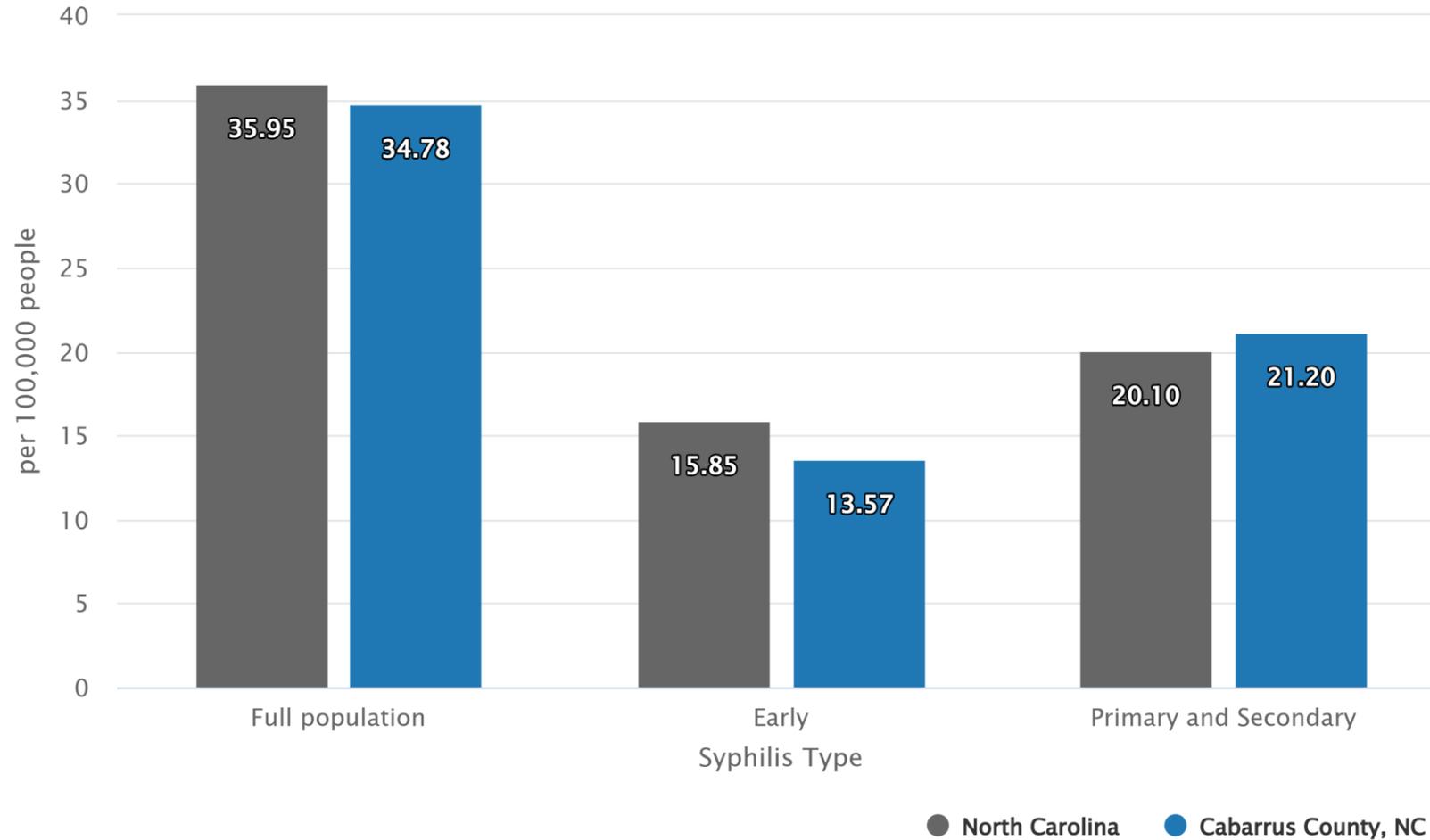


## Chlamydia Case Rate by Race



# Syphilis diagnosis rate (NC) by Syphilis Type, 2023

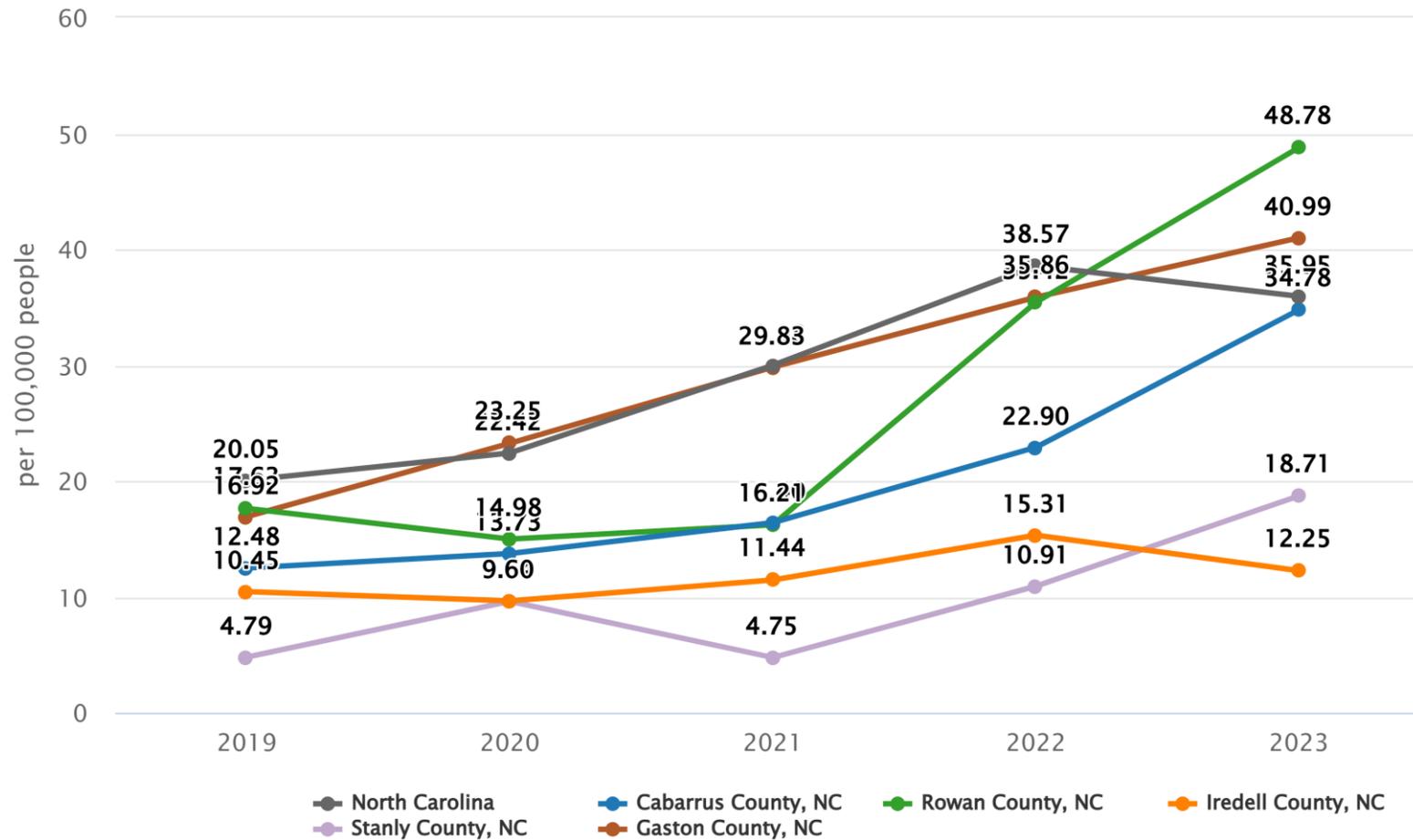
North Carolina and comparison



Created on Metopio | metop.io | Data source: North Carolina Department of Health and Human Services (NCDHHS): North Carolina HIV, STD, and Hepatitis Surveillance Reports  
Syphilis diagnosis rate (NC): Newly diagnosed syphilis cases per 100,000 residents.

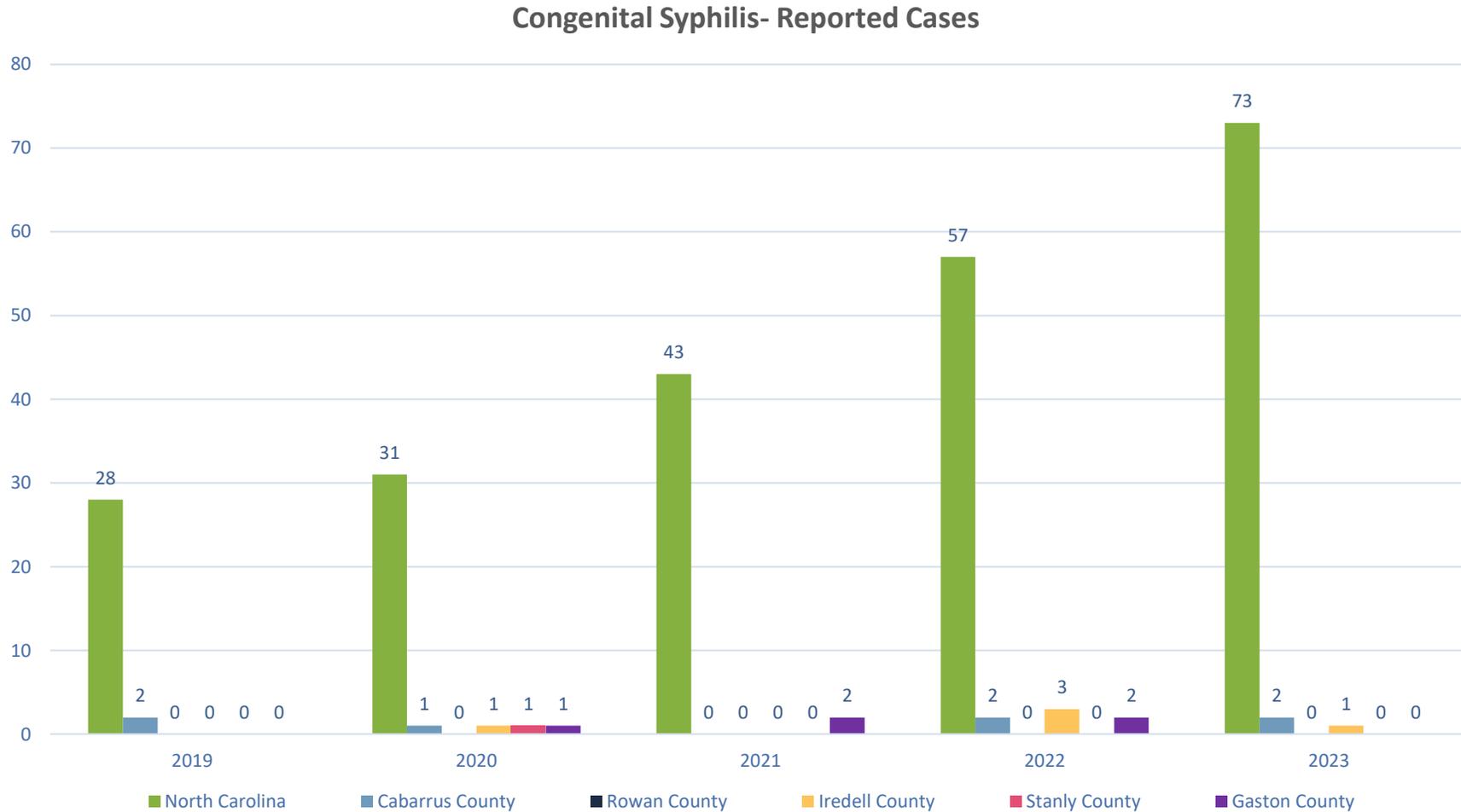
# Syphilis diagnosis rate (NC)

North Carolina and comparison



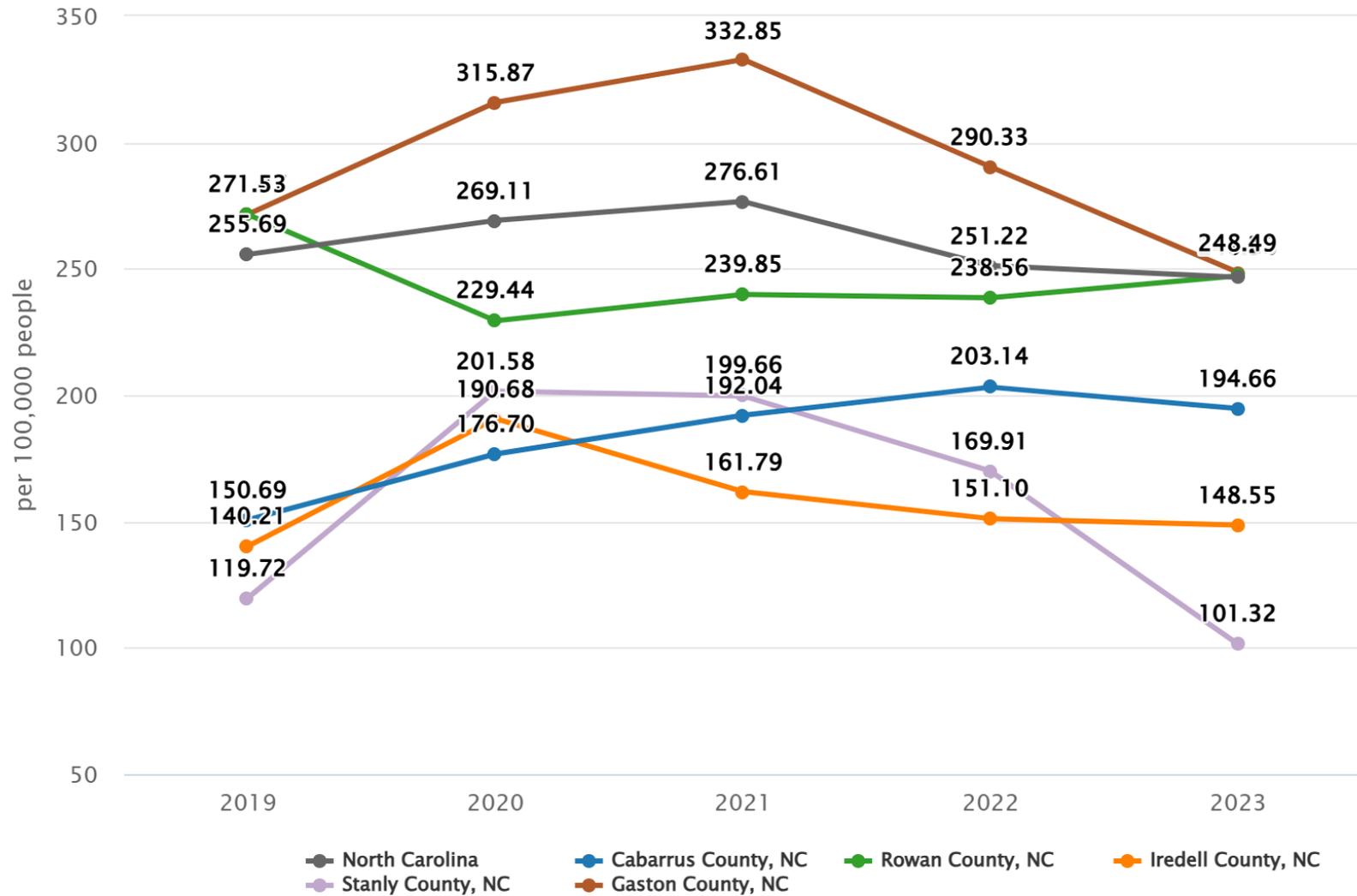
Created on Metopio | metop.io | Data source: North Carolina Department of Health and Human Services (NCDHHS): North Carolina HIV, STD, and Hepatitis Surveillance Reports  
Syphilis diagnosis rate (NC): Newly diagnosed syphilis cases per 100,000 residents.

# Congenital Syphilis Cases, *Cabarrus*



# Gonorrhea diagnosis rate (NC)

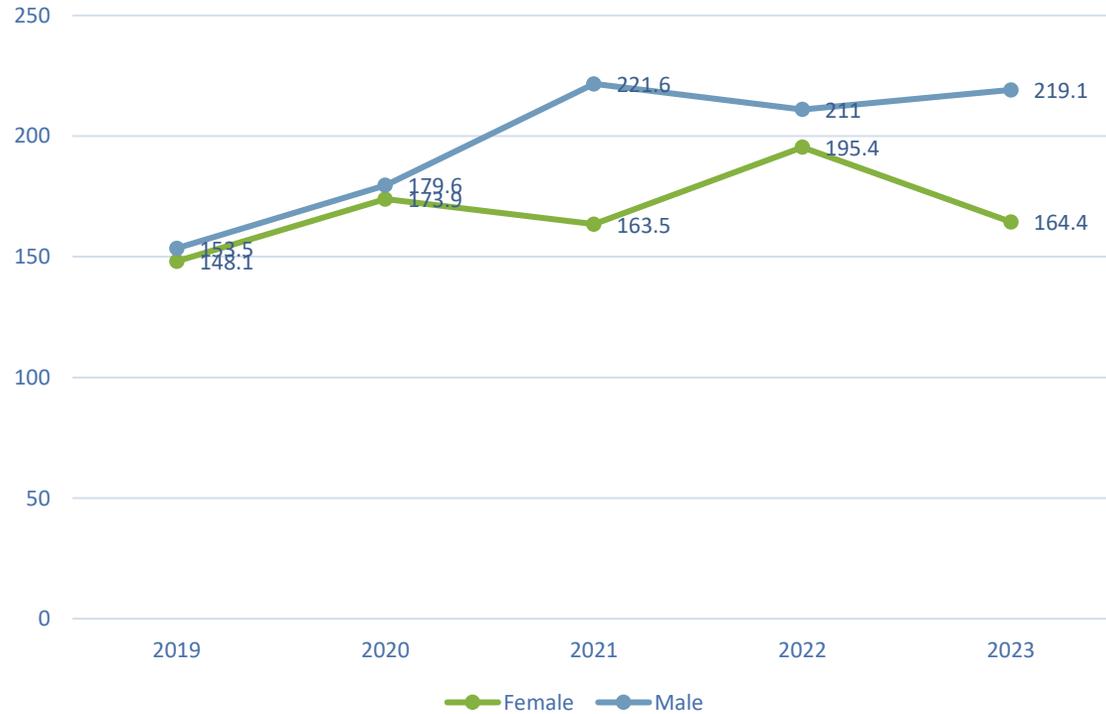
North Carolina and comparison



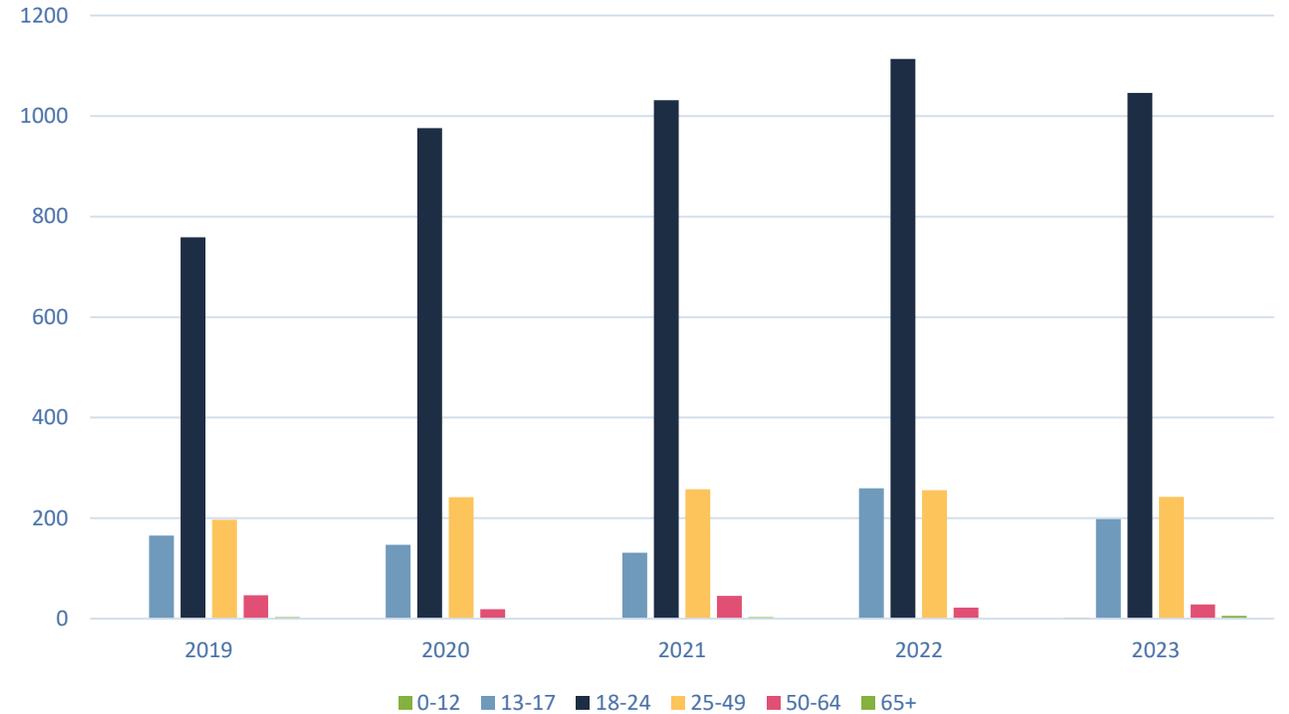
Created on Metopio | metop.io | Data source: North Carolina Department of Health and Human Services (NCDHHS): North

# Gonorrhea Case Rate, Cabarrus

Gonorrhea Case Rate by Gender

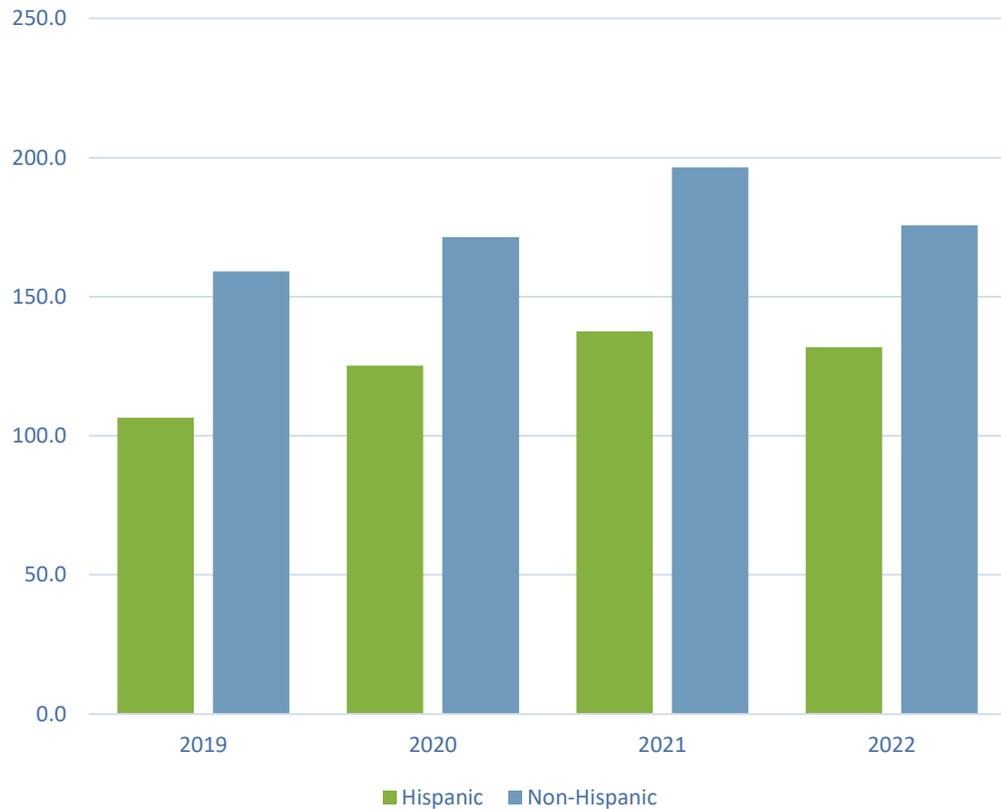


Gonorrhea Case Rate by Age Group

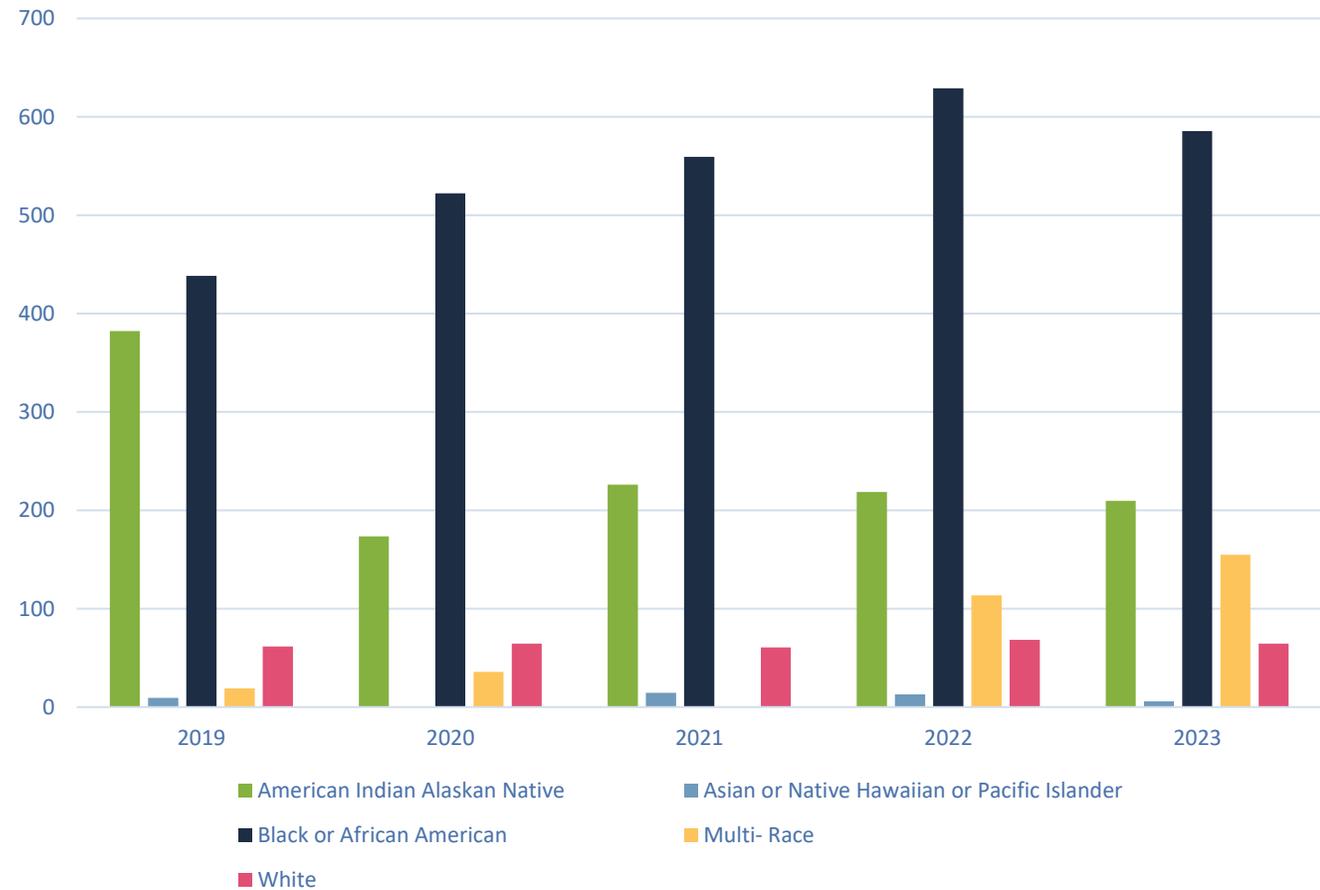


# Gonorrhea Case Rate, *Cabarrus*

## Gonorrhea Cases by Ethnicity



## Gonorrhea Case Rate by Race





# HEALTH, WELLNESS & FOOD ACCESS

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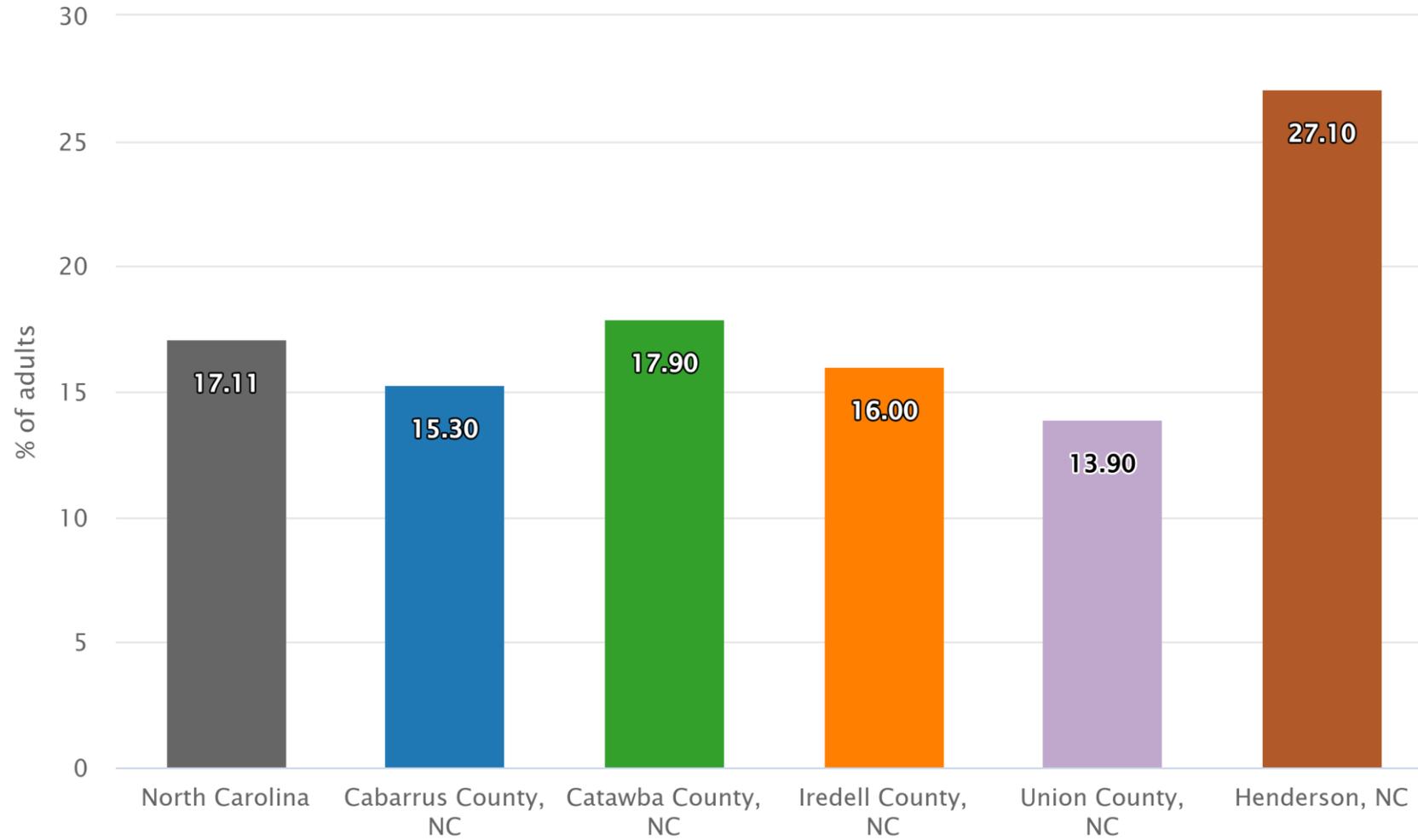
Alicia Primus

**Director of Community Impact**

Cabarrus Health Alliance

# Fair or poor self-reported health, 2022

North Carolina and comparison



Created on Metopio | metop.io | Data sources: Behavioral Risk Factor Surveillance System (BRFSS) (Pre-2017 data), Centers for Disease Control and Prevention (CDC); PLACES (2019 data), The University of Wisconsin Population Institute (2020 County Health Rankings)  
**Fair or poor self-reported health:** Percent of resident adults aged 18 and older with self-reported fair or poor health status.

# Pre-Diabetes

Learn more from CDC and take the **Prediabetes Risk Test** at [www.cdc.gov/prediabetes/risktest/](http://www.cdc.gov/prediabetes/risktest/)



98 million American adults—**more than 1 in 3**—have prediabetes



**More than 8 in 10** adults with prediabetes **don't know they have it**

## BLOOD SUGAR



With prediabetes, your **blood sugar levels are higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

## PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



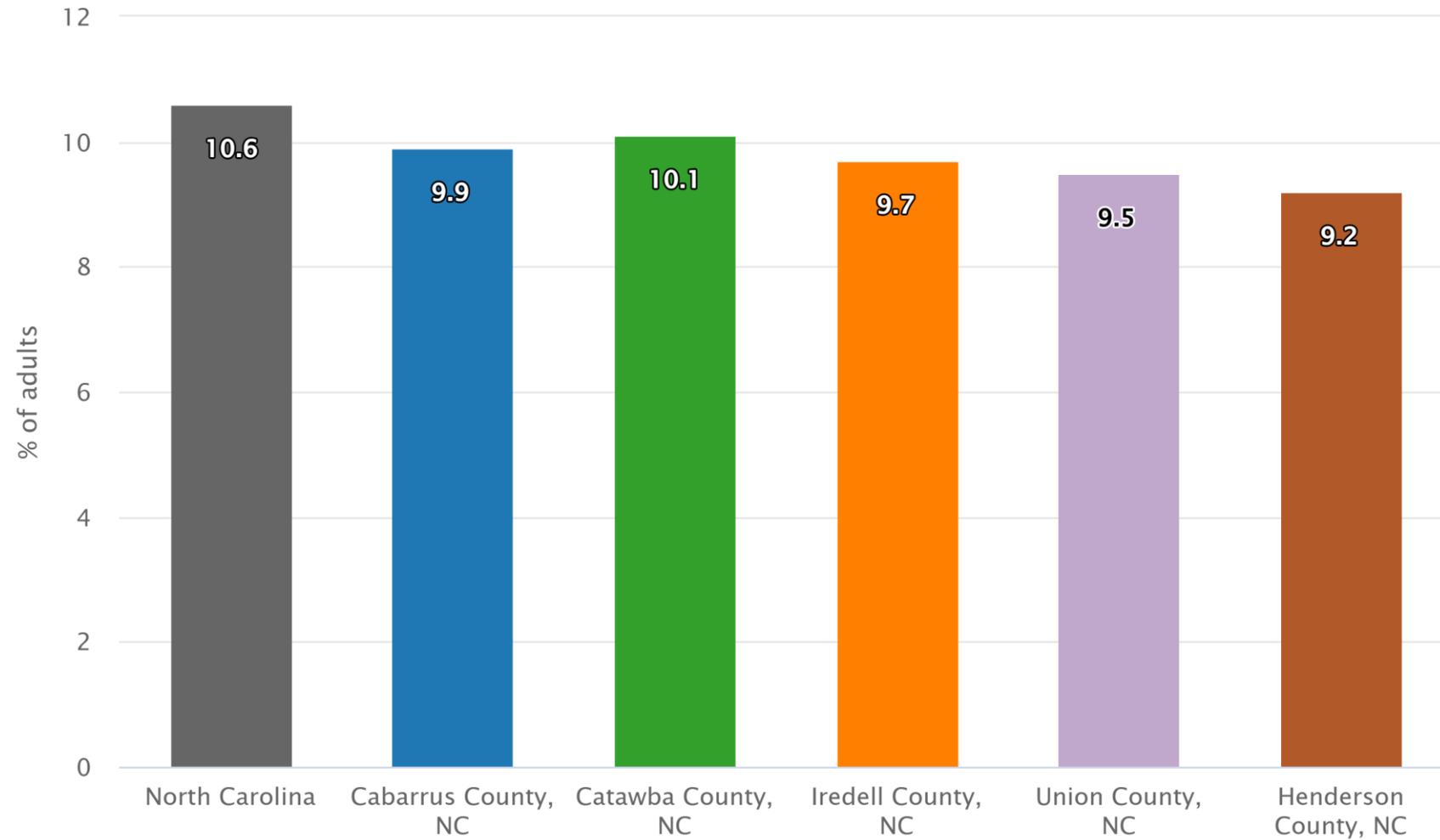
Heart Disease



Stroke

# Diagnosed diabetes, 2022

North Carolina and comparison



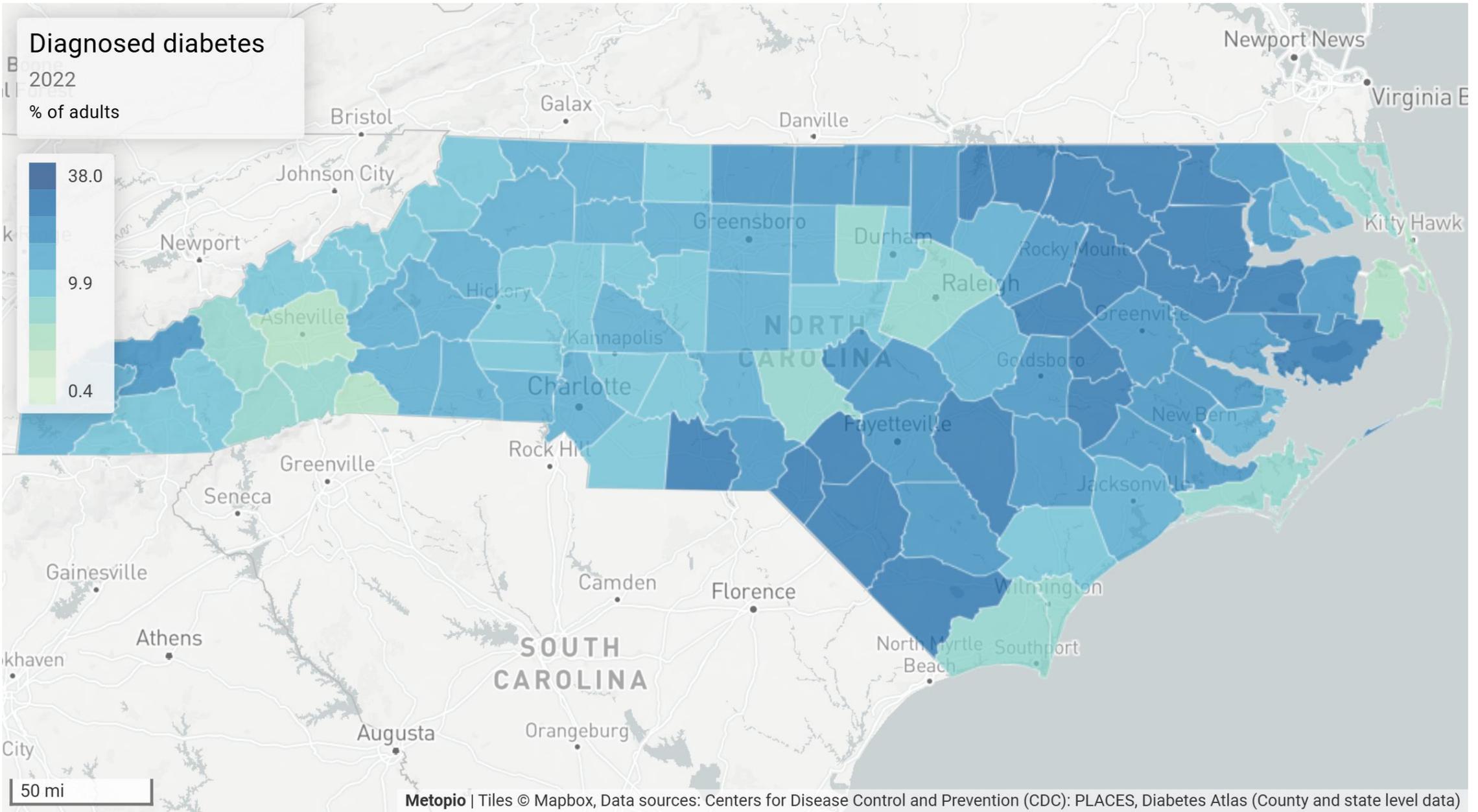
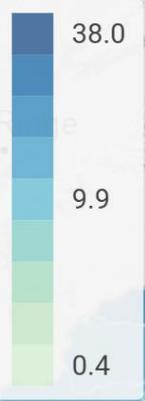
Created on Metopio | [metop.io/i/s52is9mq](https://metop.io/i/s52is9mq) | Data sources: Centers for Disease Control and Prevention (CDC): PLACES, Diabetes Atlas (County and state level data)

**Diagnosed diabetes:** Percent of resident adults aged 18 and older who report ever having been told by a doctor, nurse, or other health professional that they have diabetes, other than diabetes during pregnancy. Data for counties and states are age-adjusted. Data for zips, tracts and smaller layers are raw.

# Diagnosed diabetes

2022

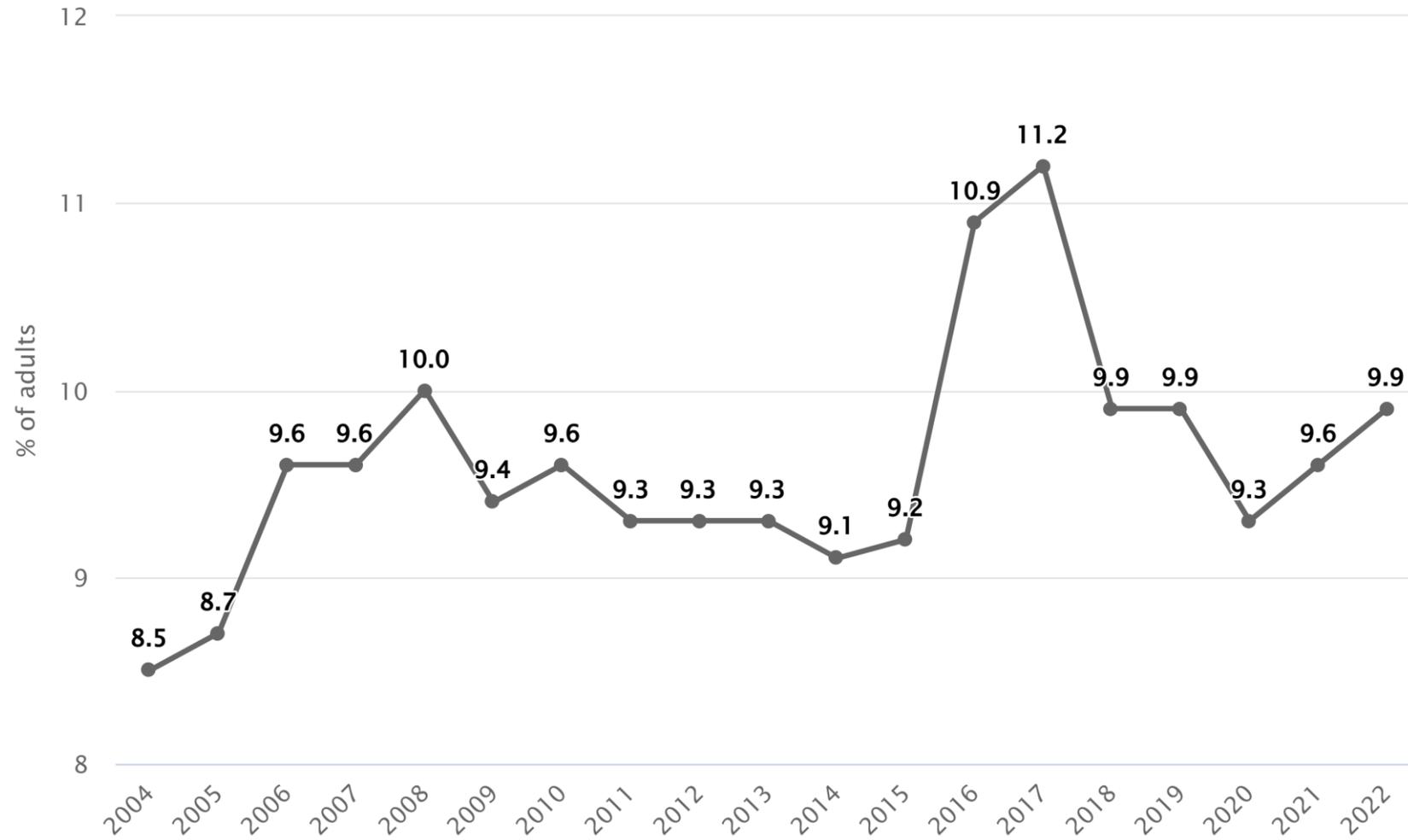
% of adults



50 mi

# Diagnosed diabetes

Cabarrus County, NC

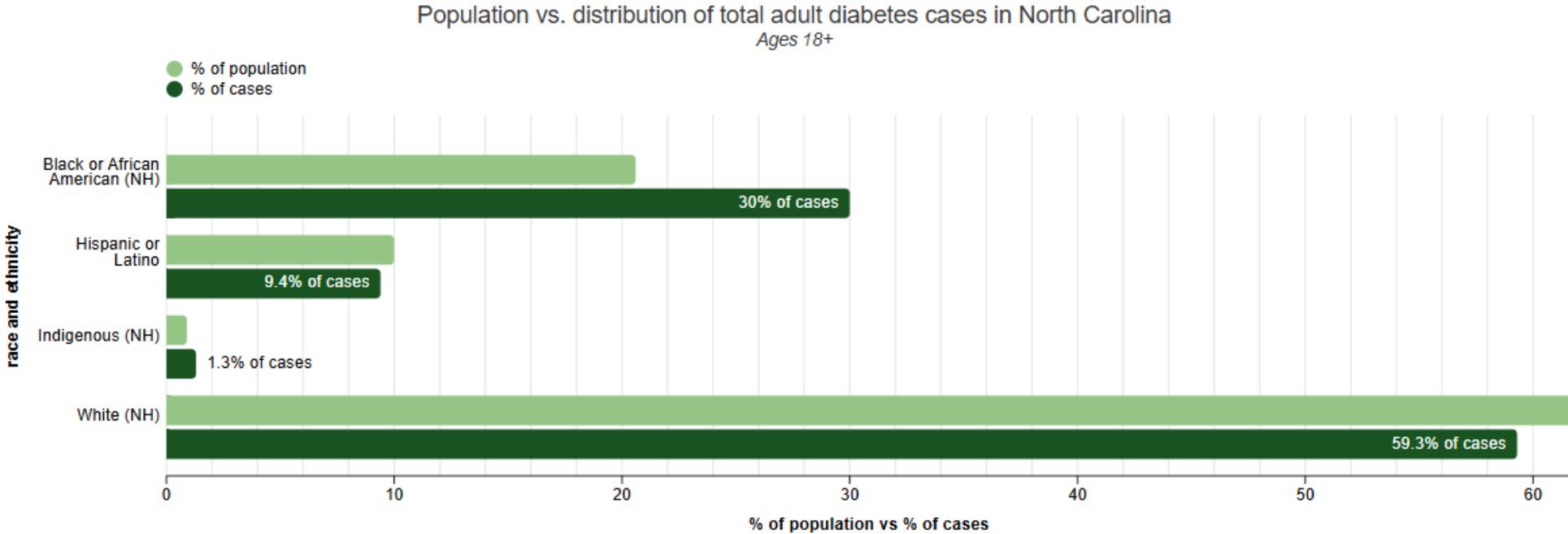


Created on Metopio | [metop.io/i/a2kcofeo](https://metop.io/i/a2kcofeo) | Data sources: Centers for Disease Control and Prevention (CDC): PLACES, Diabetes Atlas (County and state level data)

**Diagnosed diabetes:** Percent of resident adults aged 18 and older who report ever having been told by a doctor, nurse, or other health professional that they have diabetes, other than diabetes during pregnancy. Data for counties and states are age-adjusted. Data for zips, tracts and smaller layers are raw.

# Diagnosed Diabetes, NC

## By race and ethnicity, 2022

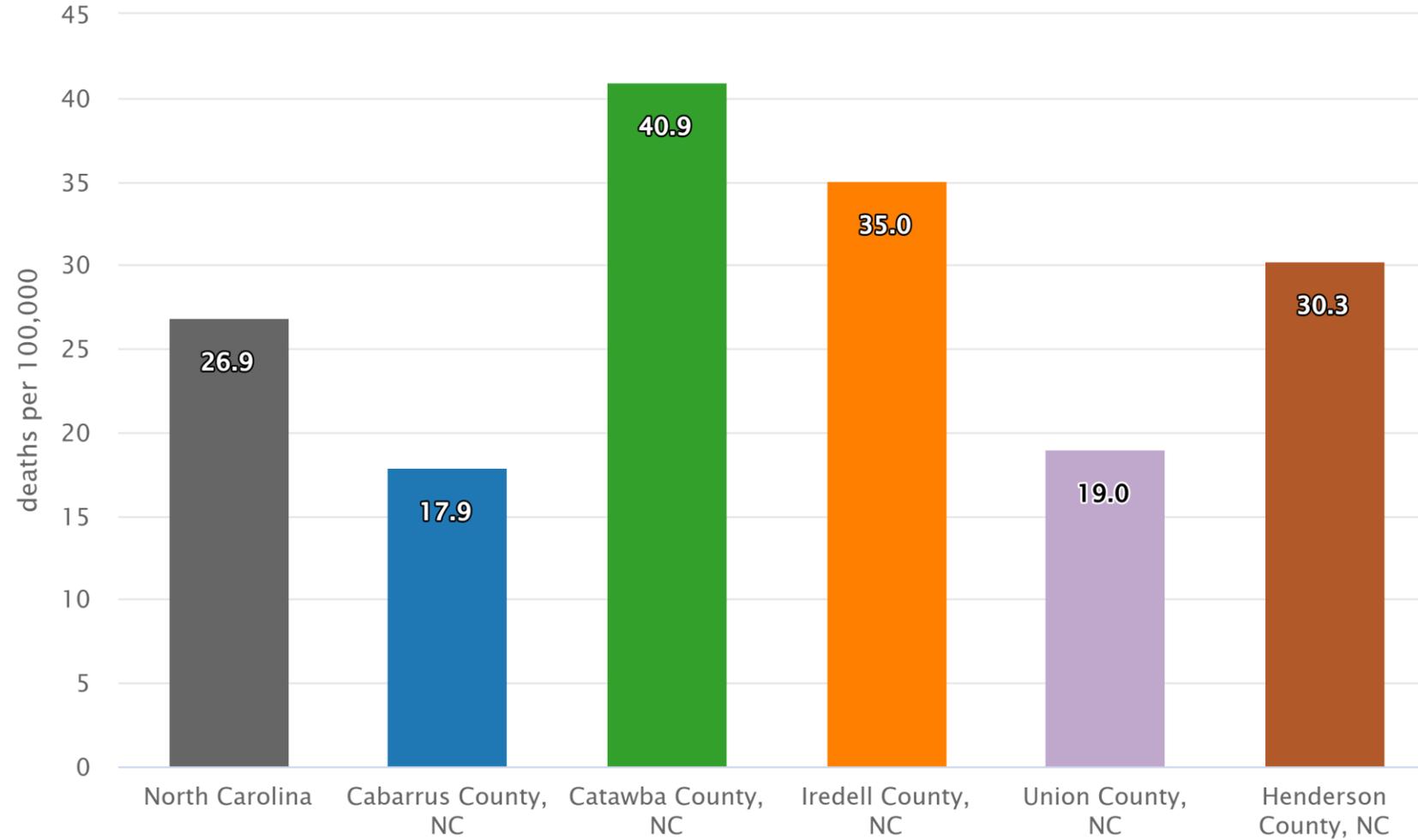


Note. (NH) indicates 'Non-Hispanic'. View methodology.

Sources: America's Health Rankings (AHR) (data from 2022).

# Diabetes mortality, 2018–2022

North Carolina and comparison

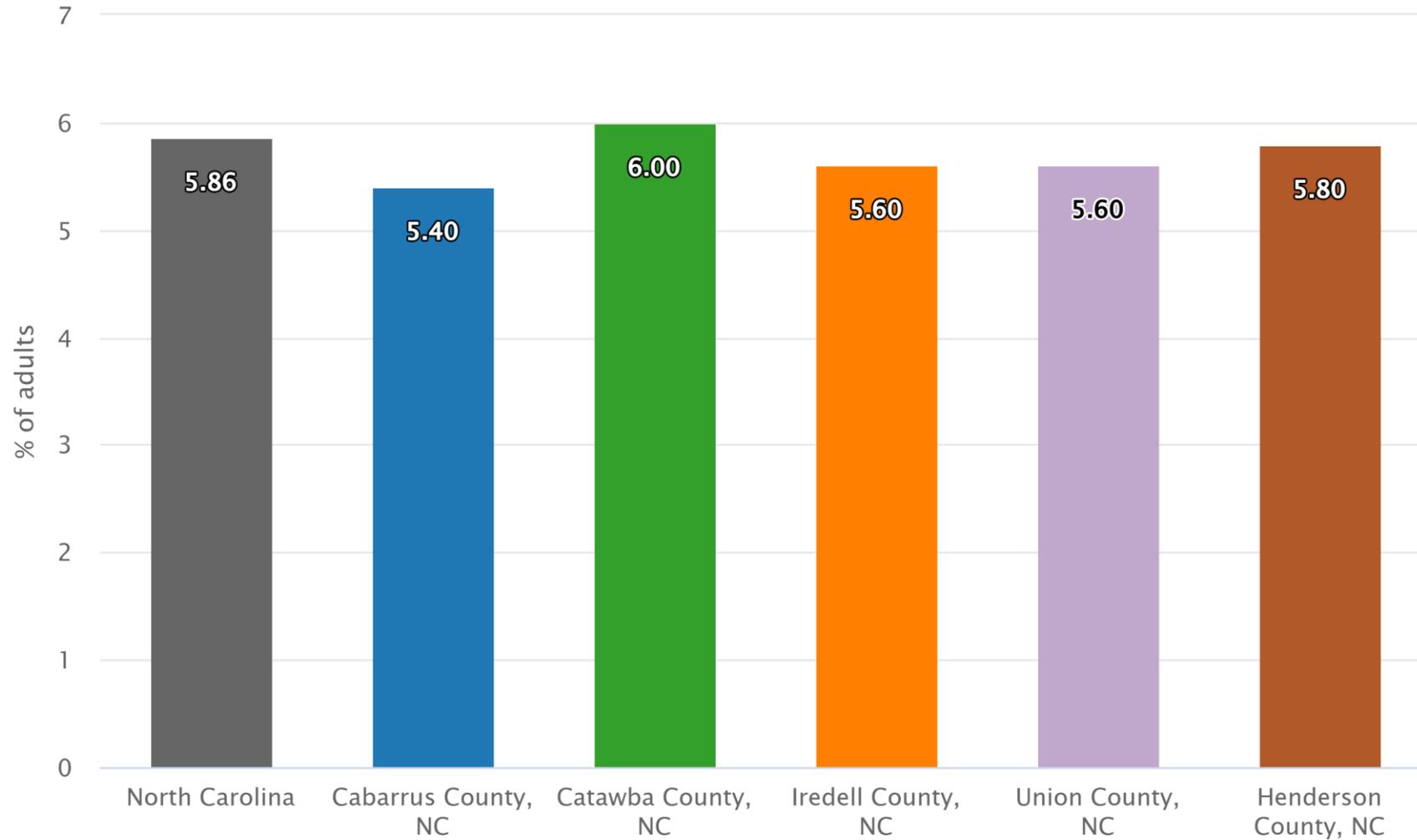


Created on Metopio | [metop.io/i/6oq2ex11](https://metop.io/i/6oq2ex11) | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System–Mortality (NVSS–M) (CDC Wonder)

Diabetes mortality: Deaths per 100,000 residents with an underlying cause of diabetes (ICD–10 codes E10–E14).

# Coronary heart disease, 2022

North Carolina and comparison

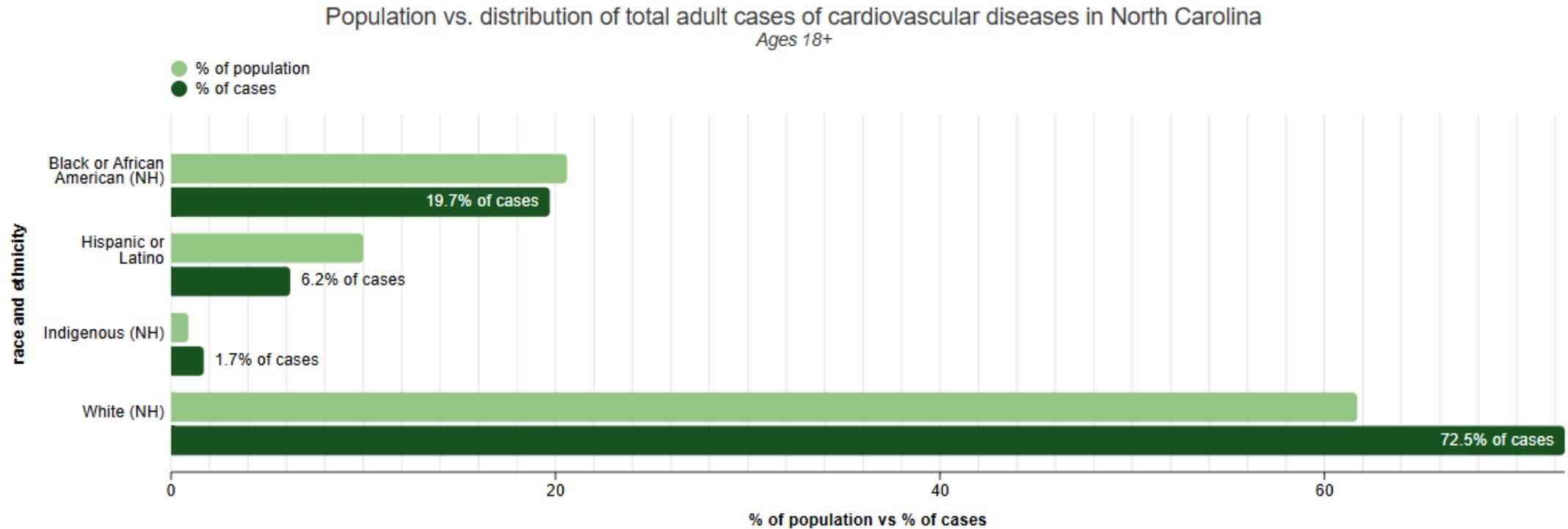


Created on Metopio | metop.io | Data sources: Centers for Disease Control and Prevention (CDC): PLACES (Sub-county data (zip codes, tracts)), Behavioral Risk Factor Surveillance System (BRFSS) (County and state level data)

**Coronary heart disease:** Percent of resident adults aged 18 and older who report ever having been told by a doctor, nurse, or other health professional that they have angina or coronary heart disease. Data for counties and states are age-adjusted. Data for zips, tracts and smaller layers are raw.

# Cardiovascular Disease, NC

## By race and ethnicity, 2022

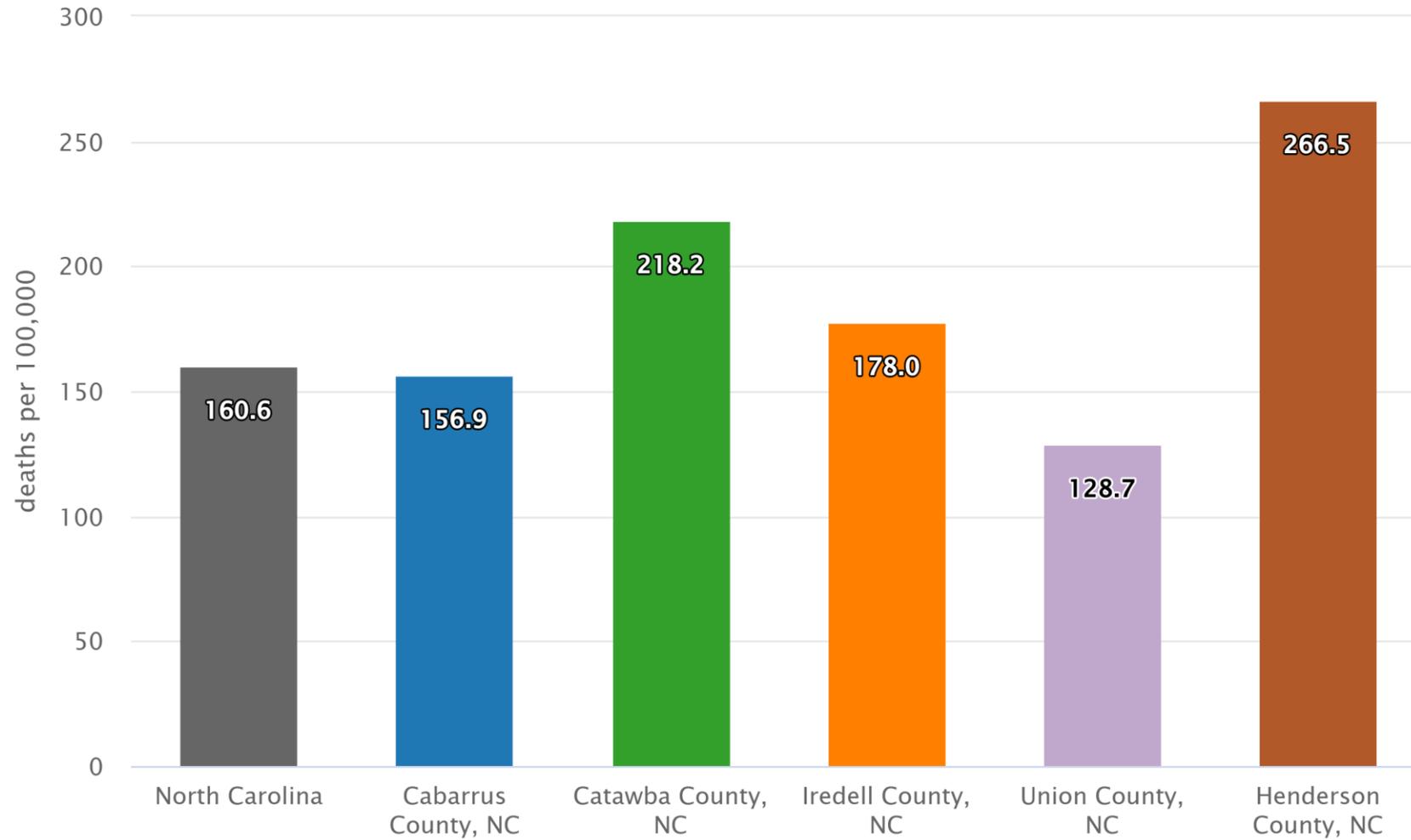


Note. (NH) indicates 'Non-Hispanic'. View methodology.

Sources: America's Health Rankings (AHR) (data from 2022).

# Heart disease mortality, 2018–2022

North Carolina and comparison

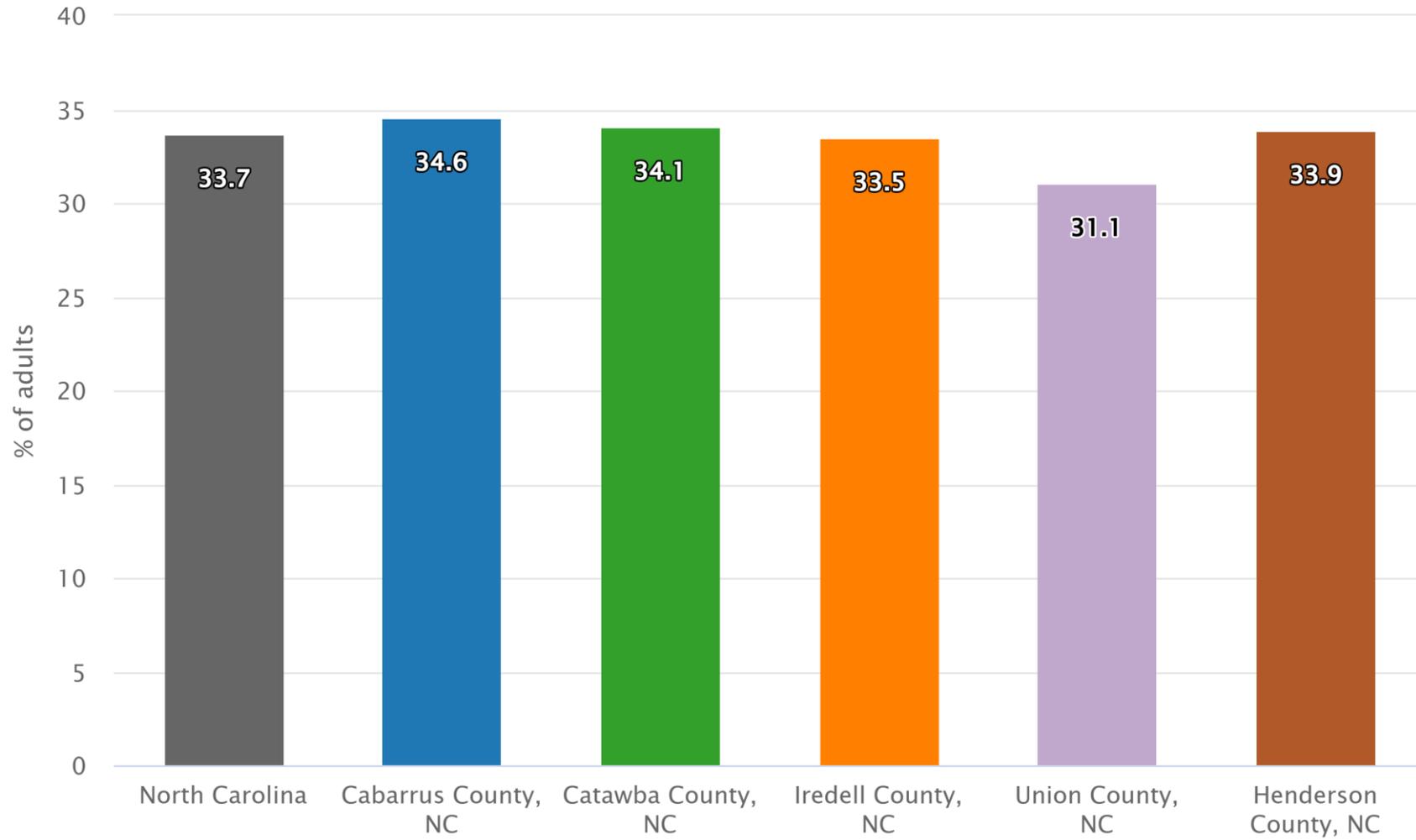


Created on Metopio | [metop.io/i/bqn6yeno](http://metop.io/i/bqn6yeno) | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System–Mortality (NVSS–M) (Via <http://healthindicators.gov>)

Heart disease mortality: Deaths per 100,000 residents with an underlying cause of heart disease (ICD–10 codes I00–I09, I11, I13, I20–I51).

# Obesity, 2022

North Carolina and comparison

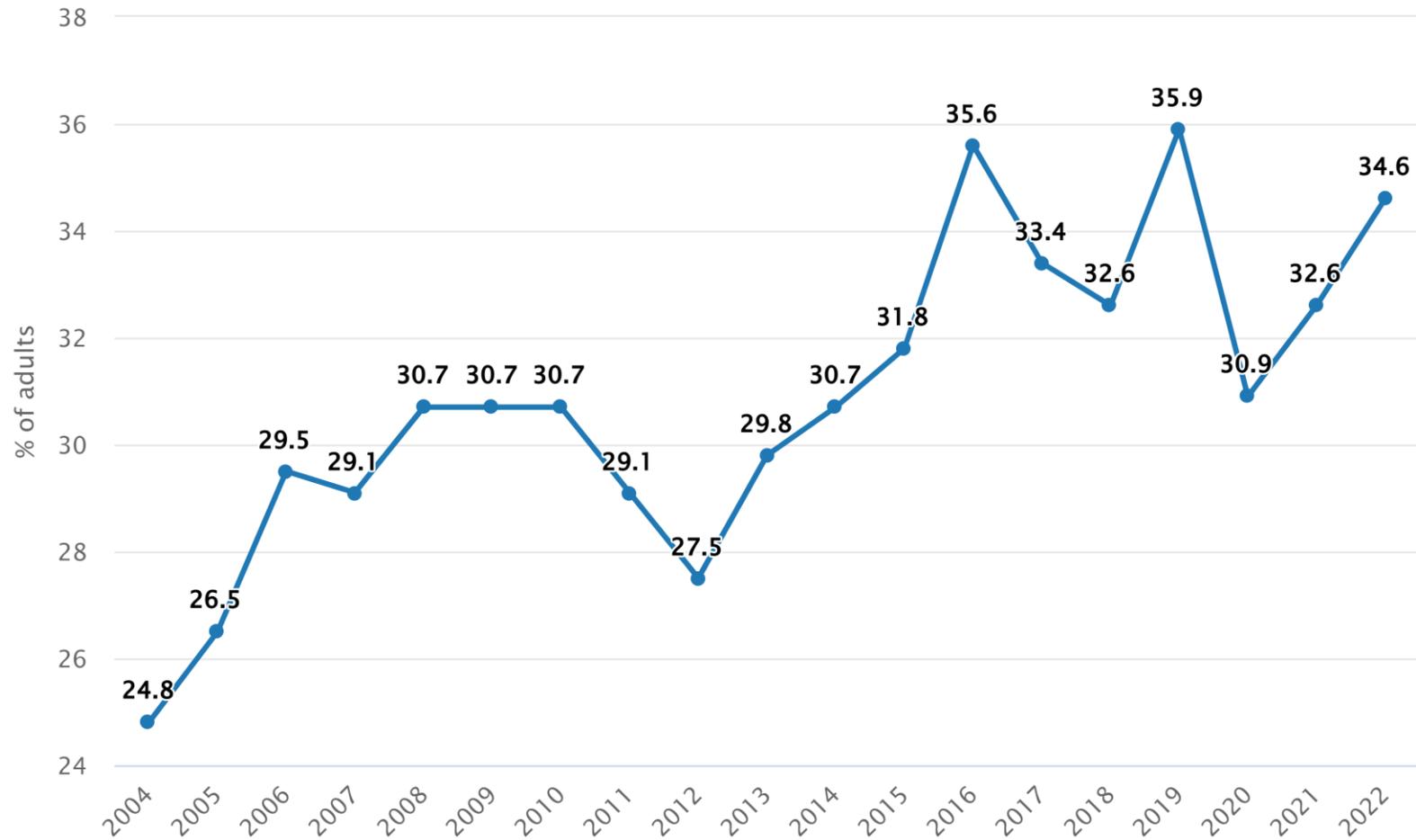


Created on Metopio | metop.io | Data sources: Diabetes Atlas (County level data), Behavioral Risk Factor Surveillance System (BRFSS) (State and US data), Centers for Disease Control and Prevention (CDC): PLACES (Sub-county data (zip codes, tracts))

**Obesity:** Percent of resident adults aged 18 and older who are obese (have a body mass index (BMI)  $\geq 30.0$  kg/m<sup>2</sup> calculated from self-reported weight and height). Excludes those with abnormal height or weight and pregnant women.

# Obesity, Cabarrus County, NC

All Time Periods



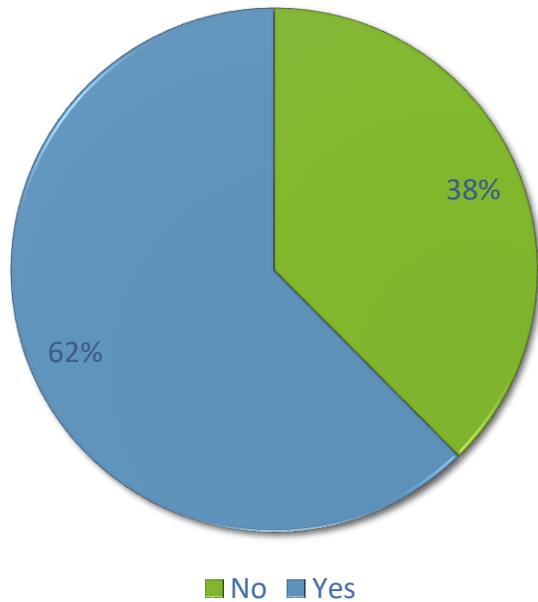
Created on Metopio | metop.io | Data sources: Diabetes Atlas (County level data), Behavioral Risk Factor Surveillance System (BRFSS) (State and US data), Centers for Disease Control and Prevention (CDC): PLACES (Sub-county data (zip codes, tracts))

**Obesity:** Percent of resident adults aged 18 and older who are obese (have a body mass index (BMI)  $\geq 30.0$  kg/m<sup>2</sup> calculated from self-reported weight and height). Excludes those with abnormal height or weight and pregnant women.

# Inadequate Sleep

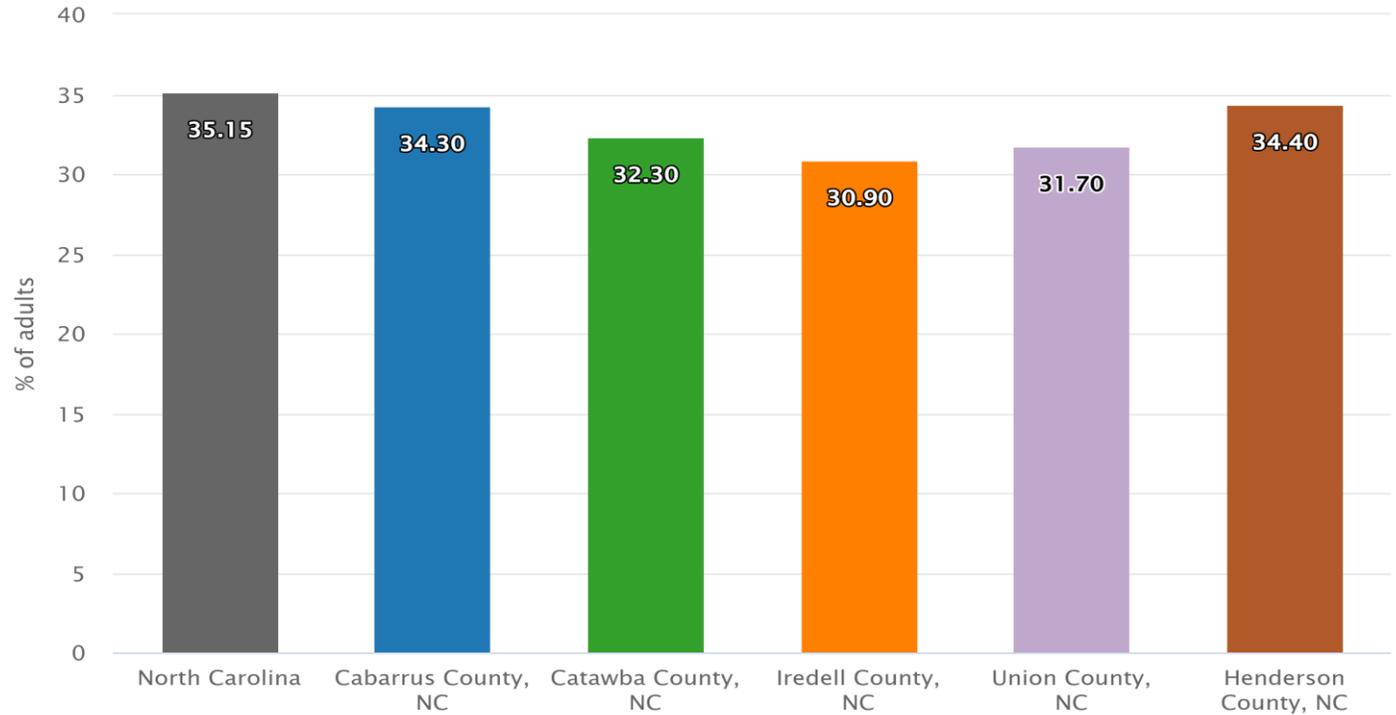
## NC – 2022 BRFSS

Getting recommended hours of sleep



## Sleeping less than 7 hours, 2022

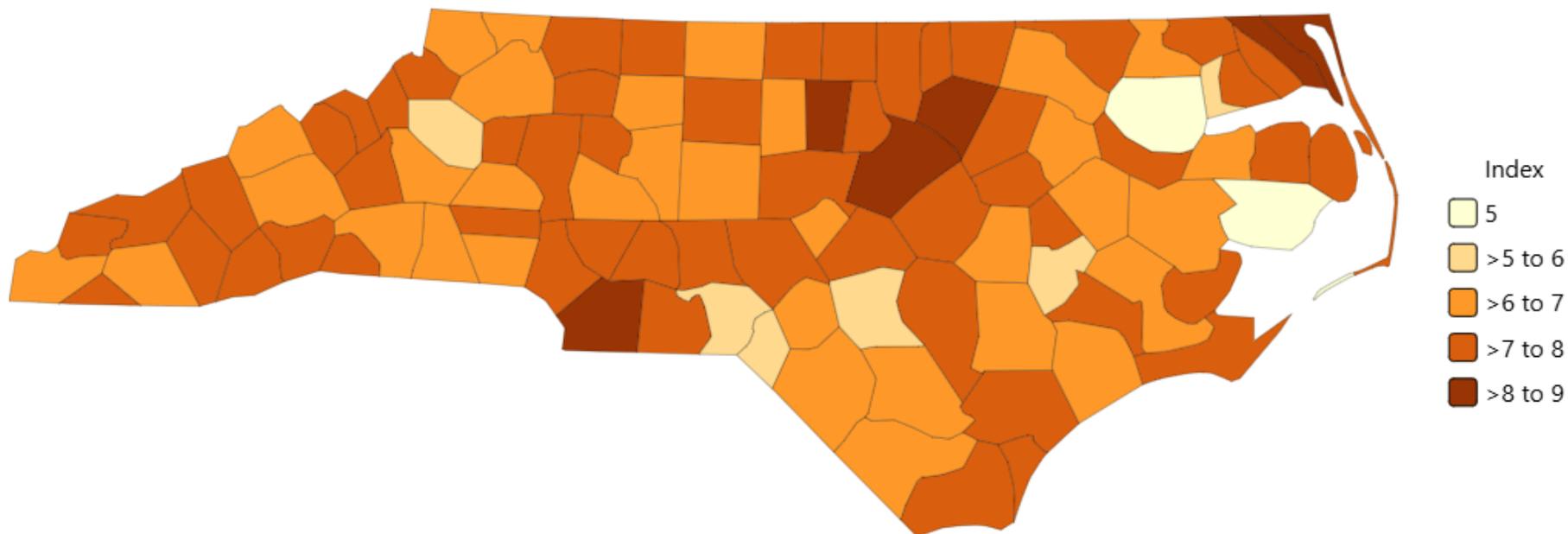
North Carolina and comparison



Created on Metopio | metop.io/i/6e1eru95 | Data source: Centers for Disease Control and Prevention (CDC): PLACES  
Sleeping less than 7 hours: Percent of resident adults aged 18 and older who report usually getting insufficient sleep (<7 hours for those aged ≥18 years, on average, during a 24-hour period).

## Food Environment Index for North Carolina by County

Index of factors that contribute to a healthy food environment  
All Races (includes Hispanic/Latino), Both Sexes, All Ages, 2019-2021



### Suggested Citation:

HDPulse: An Ecosystem of Minority Health and Health Disparities Resources. National Institute on Minority Health and Health Disparities. Created 2/5/2025. Available from <https://hdpulse.nimhd.nih.gov>

### Notes:

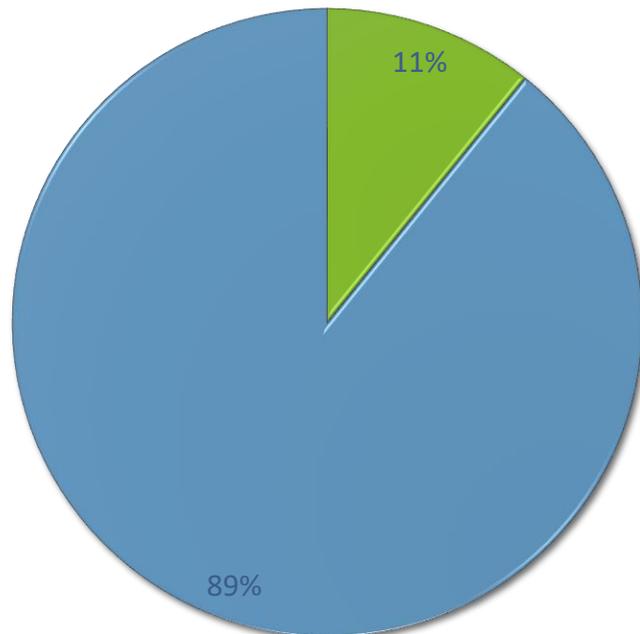
Source: USDA Food Environment Atlas; Map the Meal Gap from Feeding America from the United States Department of Agriculture (USDA)

Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).

# Adult Fruit and Vegetable Consumption

## NC – 2021 BRFSS

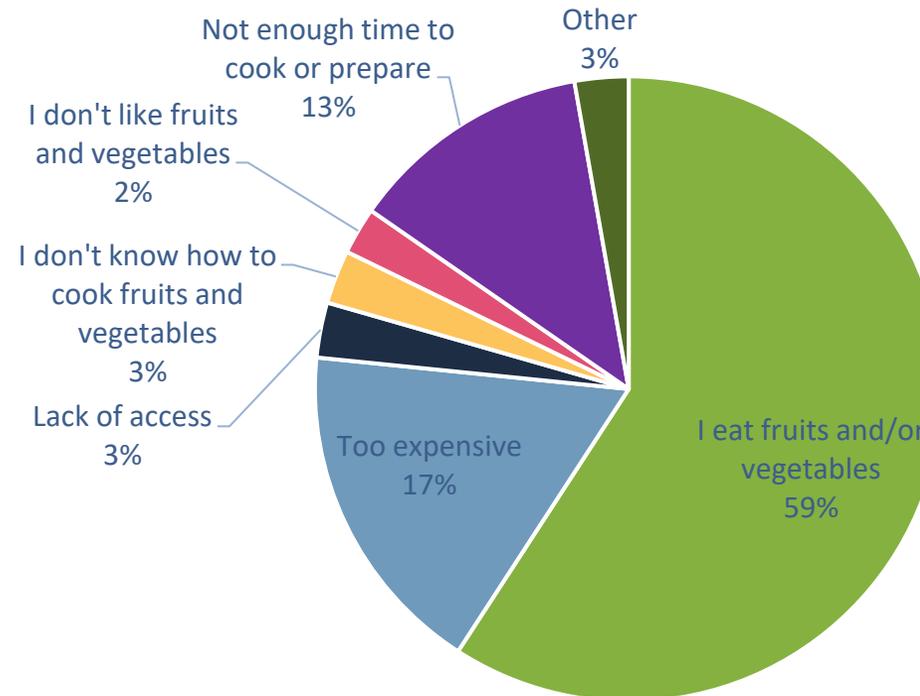
Consumed fruits or vegetables or beans five or more times per day



■ Yes ■ No

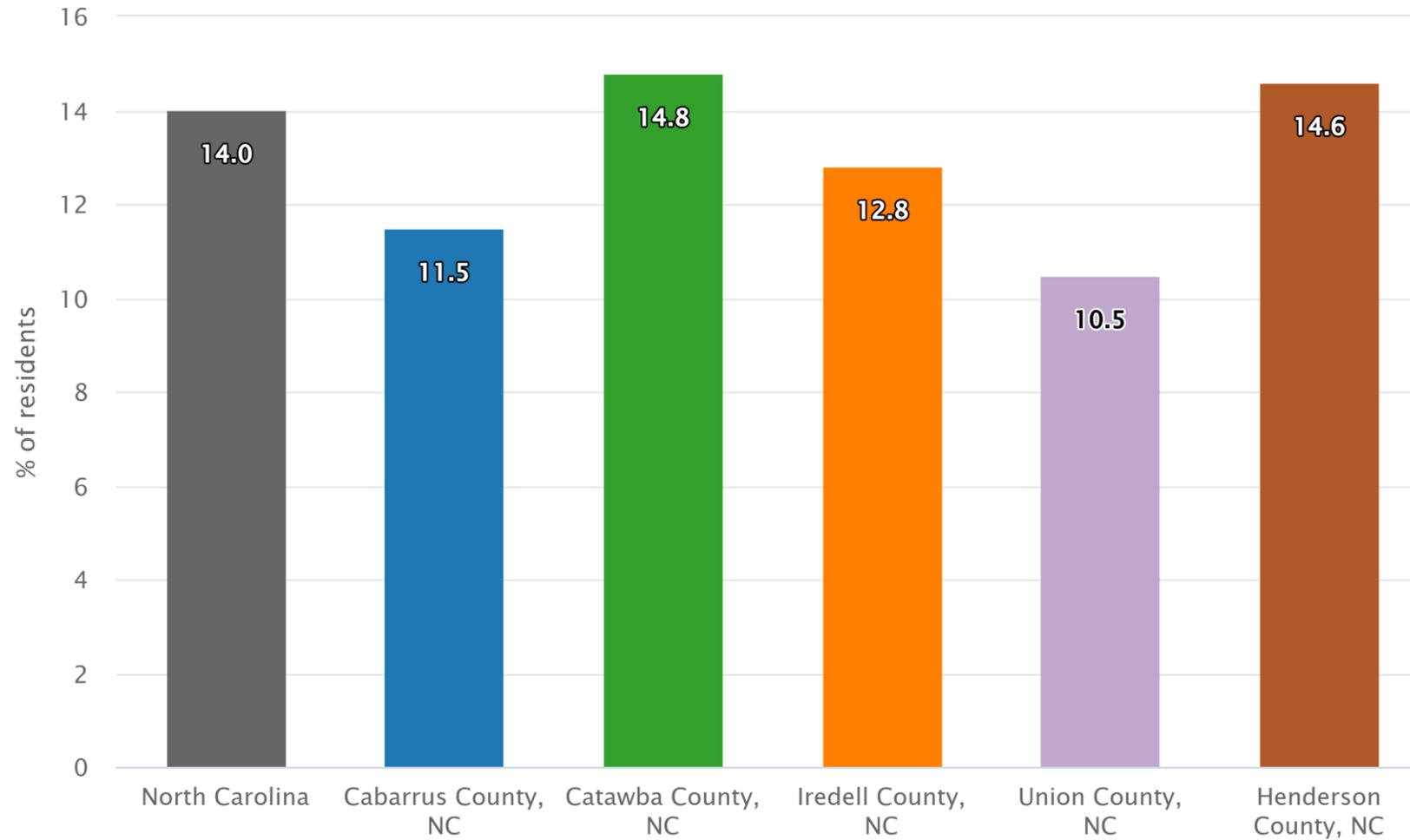
## 2020 Cabarrus Community Needs Assessment

What prevents you from eating fruits and vegetables daily?



# Food insecurity, 2022

North Carolina and comparison

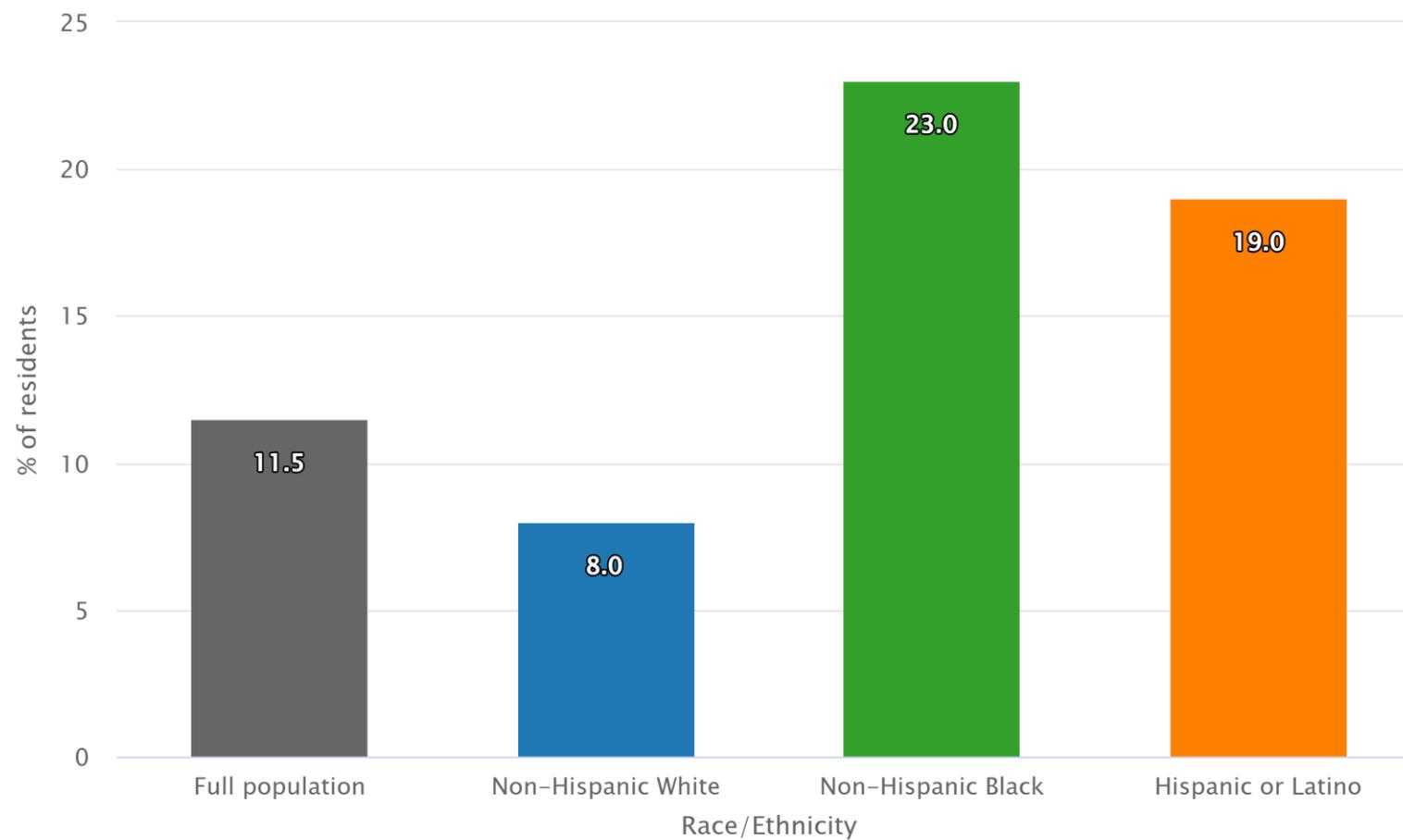


Created on Metopio | metop.io | Data source: Feeding America: Map the Meal Gap

**Food insecurity:** Percentage of the population experiencing food insecurity at some point. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food, as represented in USDA food-security reports. 2020 data is a projection based on 11.5% national unemployment and 16.5% national poverty rate.

## Food insecurity by Race/Ethnicity, Cabarrus County, NC

2022

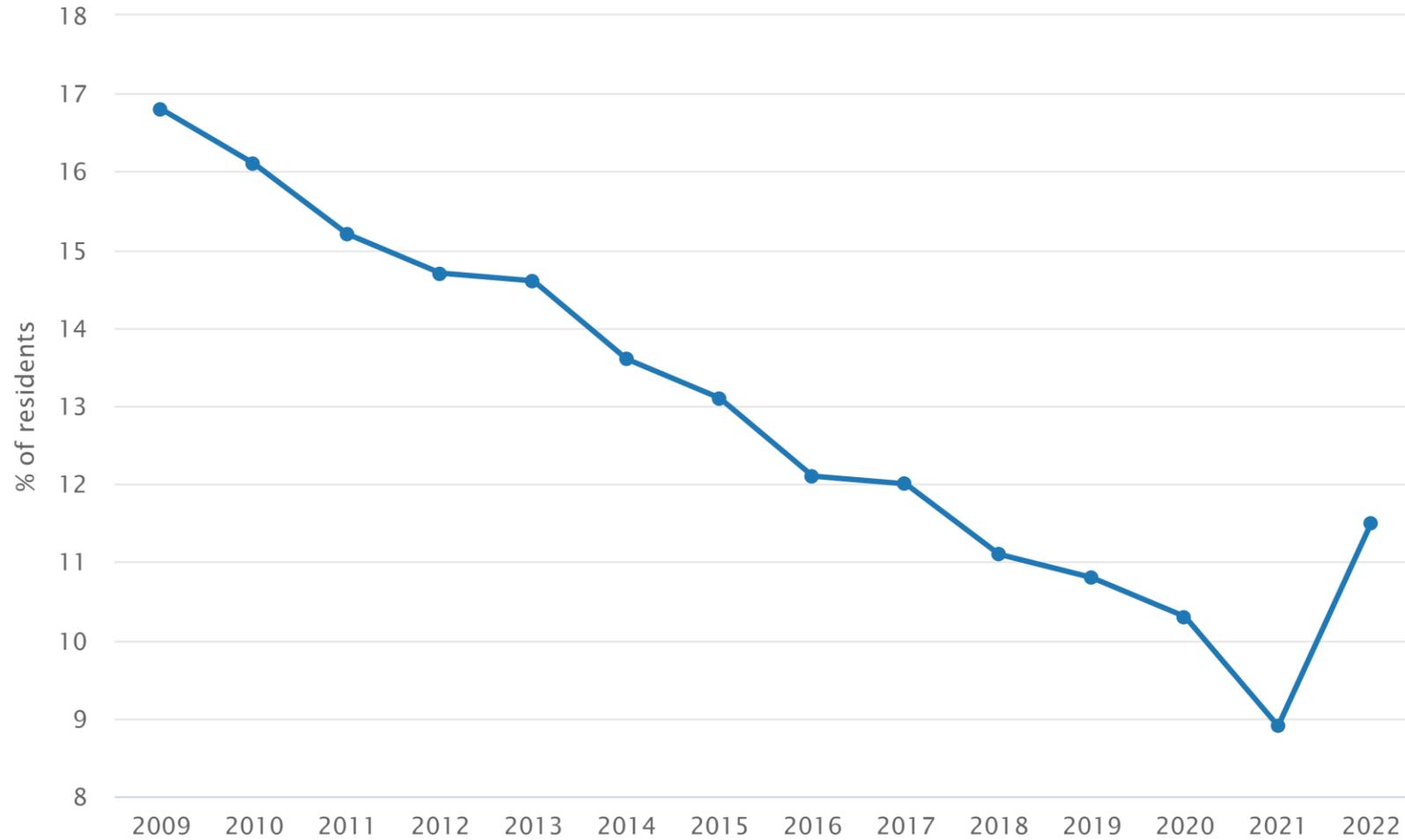


Created on Metopio | metop.io | Data source: Feeding America: Map the Meal Gap (Map the Meal Gap 2020)

**Food insecurity:** Percentage of the population experiencing food insecurity at some point. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food, as represented in USDA food-security reports. 2020 data is a projection based on 11.5% national unemployment and 16.5% national poverty rate.

# Food insecurity, Cabarrus County, NC

All Time Periods



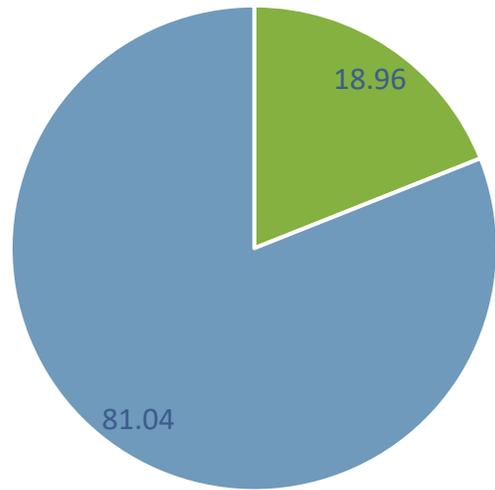
Created on Metopio | metop.io | Data source: Feeding America: Map the Meal Gap (Map the Meal Gap 2020)

**Food insecurity:** Percentage of the population experiencing food insecurity at some point. Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food, as represented in USDA food-security reports. 2020 data is a projection based on 11.5% national unemployment and 16.5% national poverty rate.

# Food Insecurity Cabarrus

## 2020 Cabarrus Community Survey

In the past year, did your household have to experience the following food situations due to not enough food in the home?



■ Yes ■ No (none of the above)

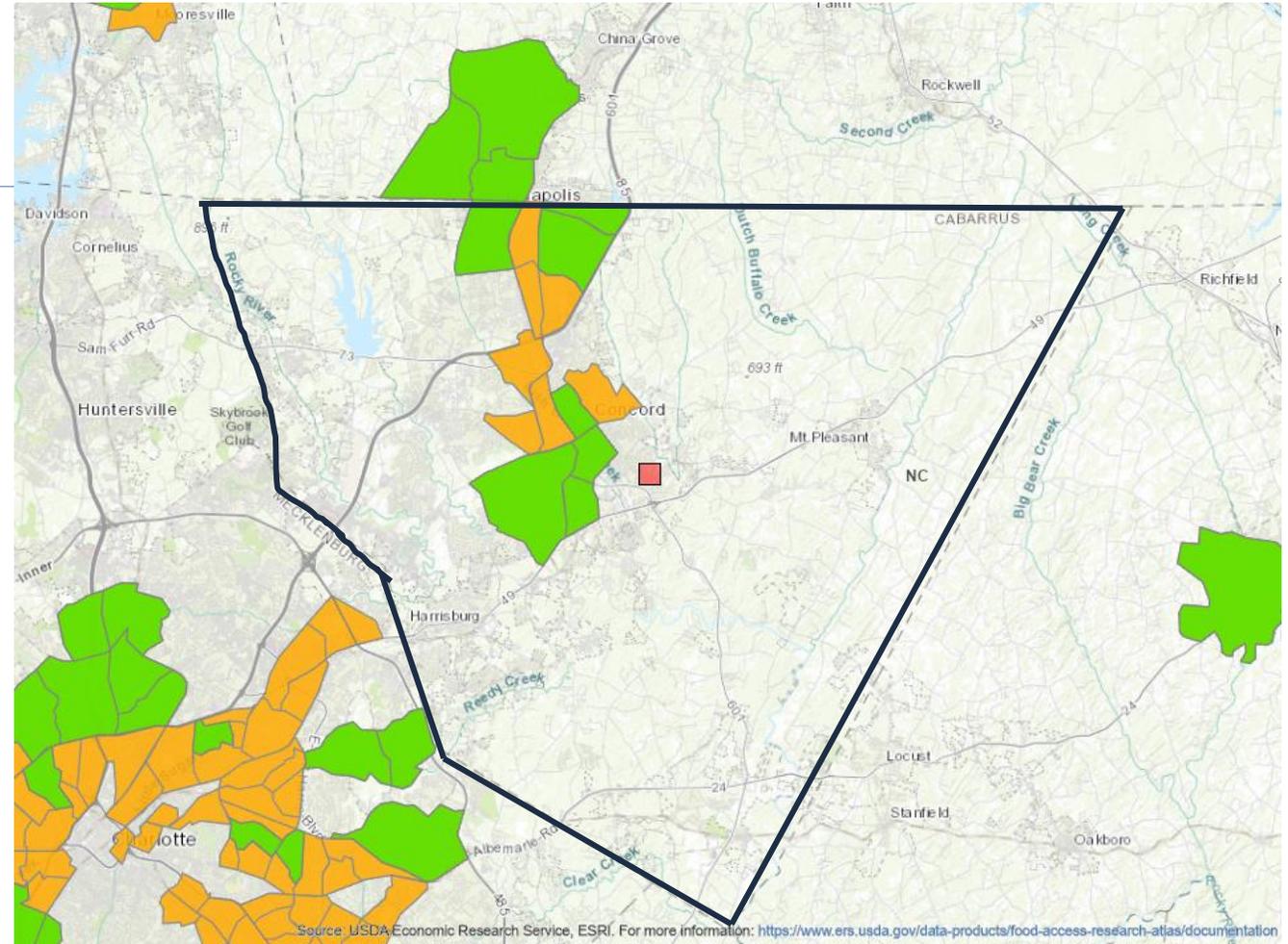
## Among those who had experienced a food situation:



# Food Access Map 2019

**Green**= Low-income census tracts where a significant number or share of residents is more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket.

**Orange**= Low-income census tracts where a significant number or share of residents is more than ½ mile (urban) or 10 miles (rural) from the nearest supermarket.



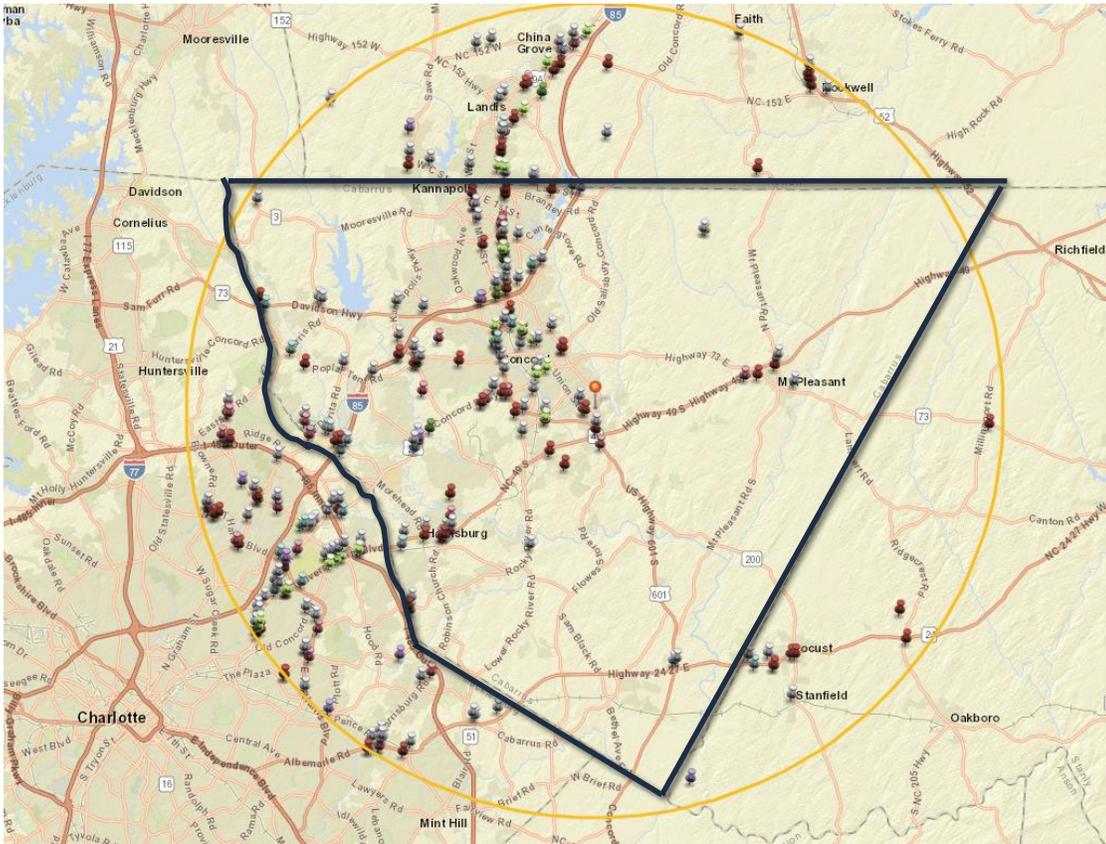
# Food Deserts

Out of 100 counties in NC, **16 counties** have 7 or more census tracts identified as food deserts (low income area and grocery store greater than 1 mile for urban or 10 miles for rural; green on the map), while **21 counties** have 7 or more census tracts identified as food deserts (low income area and grocery store greater than 0.5 mile for urban or 10 miles for rural; orange on the map).

**Cabarrus** is included in both of those counts, with **7 census tracts** identified as food deserts for the 1 mile criteria and **14 census tracts** identified as food deserts for the 0.5 mile criteria.

Location	Food Deserts (low income, 1 mile urban / 10 miles rural)	Population Living in Food Desert (1 mile urban / 10 miles rural)	Food Deserts (low income, 0.5 mile urban / 10 miles rural)	Population Living in Food Desert (0.5 mile urban / 10 miles rural)
NC (overall)	353 out of 2175 (16%)	1593822 (17%)	604 out of 2175 (28%)	2523438 (26%)
Cabarrus	7 out of 37 (19%)	29620 (17%)	14 out of 37 (38%)	52373 (29%)
Catawba	6 out of 31 (19%)	29478 (19%)	7 out of 31 (23%)	31904 (21%)
Iredell	5 out of 44 (11%)	18809 (12%)	6 out of 44 (14%)	22105 (14%)
Union	6 out of 41 (15%)	30700 (15%)	7 out of 41 (17%)	37358 (19%)
Henderson	2 out of 26 (8%)	8229 (8%)	3 out of 26 (12%)	10469 (10%)

# SNAP/EBT



## SNAP/FNS income limits effective October 1, 2024-September 30, 2025

Number of People in Household	Maximum Gross Monthly Income (200%)*	Maximum Benefit Amount**
1	\$2,510	\$292
2	\$3,408	\$536
3	\$4,304	\$768
4	\$5,200	\$975
5	\$6,098	\$1,158
6	\$6,994	\$1,390
7	\$7,890	\$1,536
8	\$8,788	\$1,756
Each Additional Member	+\$898	+\$220

\* Some individuals must meet standard gross income limits (130%), and DSS will make this determination.

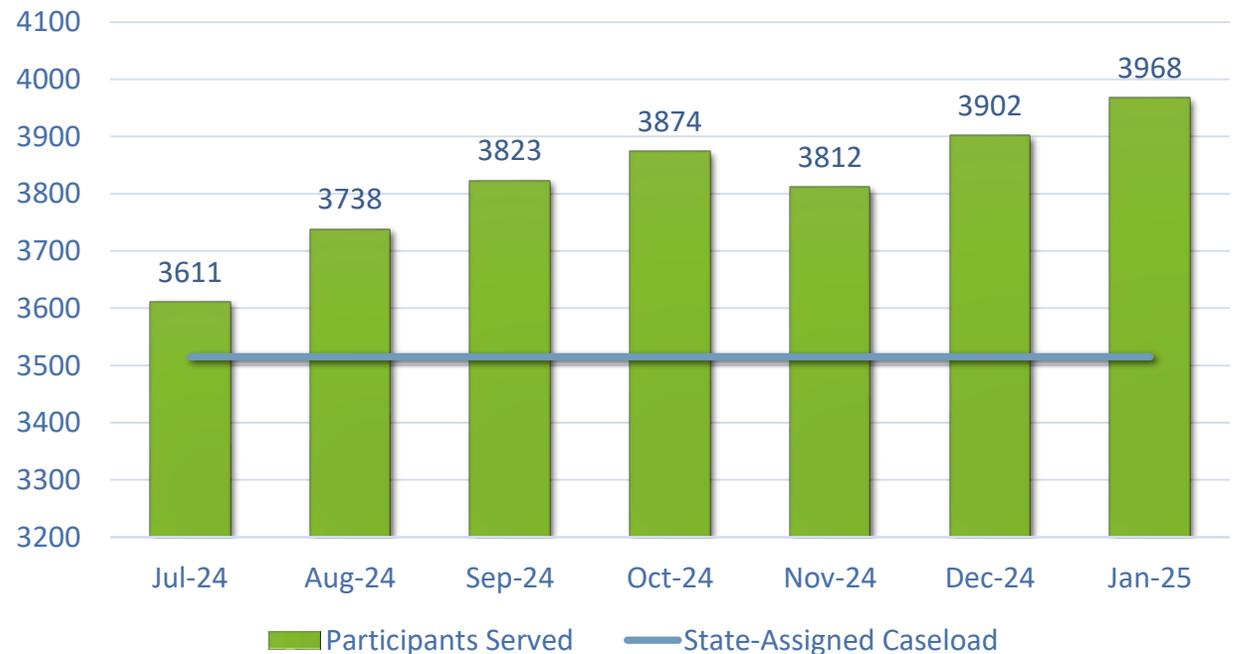
\*\*SNAP allotment will not exceed this dollar amount, but may fall below it.

# WIC Eligibility vs. Utilization

WIC is available to pregnant, breast feeding and postpartum women, infants and children up to age five. To participate, these persons must:

- Live in North Carolina.
- Have a family income less than 185% of the U.S. Poverty Income Guidelines. A person receiving Medicaid, Work First Families Assistance (TANF), or assistance from the NC Food and Nutrition Services automatically meets the income eligibility requirement.
- Be at nutritional risk. A nutritionist makes the nutritional risk assessment at no cost to the participant, at the local WIC office.

### SFY24-25 Monthly WIC Participation, Cabarrus





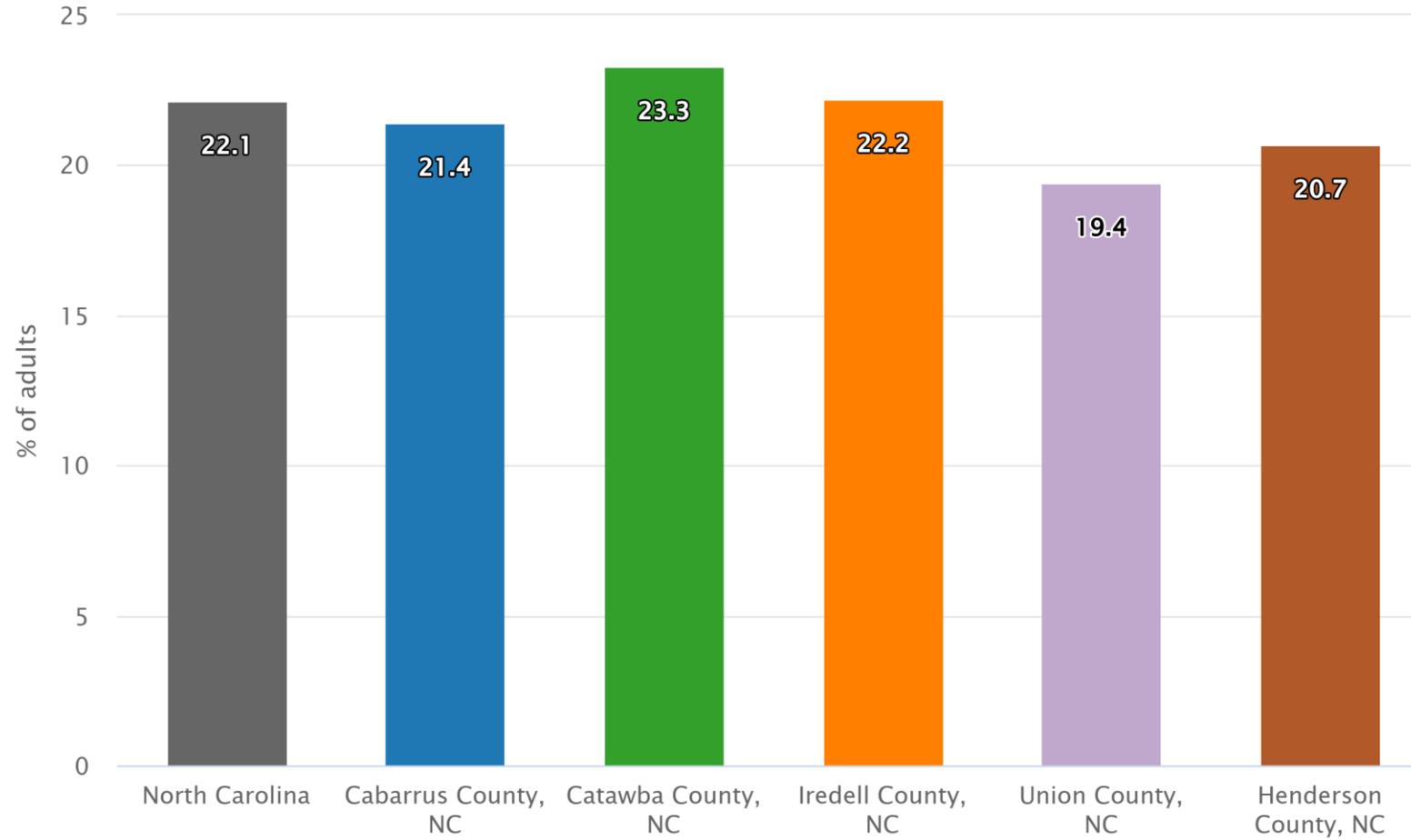
# PHYSICAL ACTIVITY

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**Taylor Morris**  
**Program Manager**  
City of Concord, Parks & Recreation

# No exercise, 2022

North Carolina and comparison

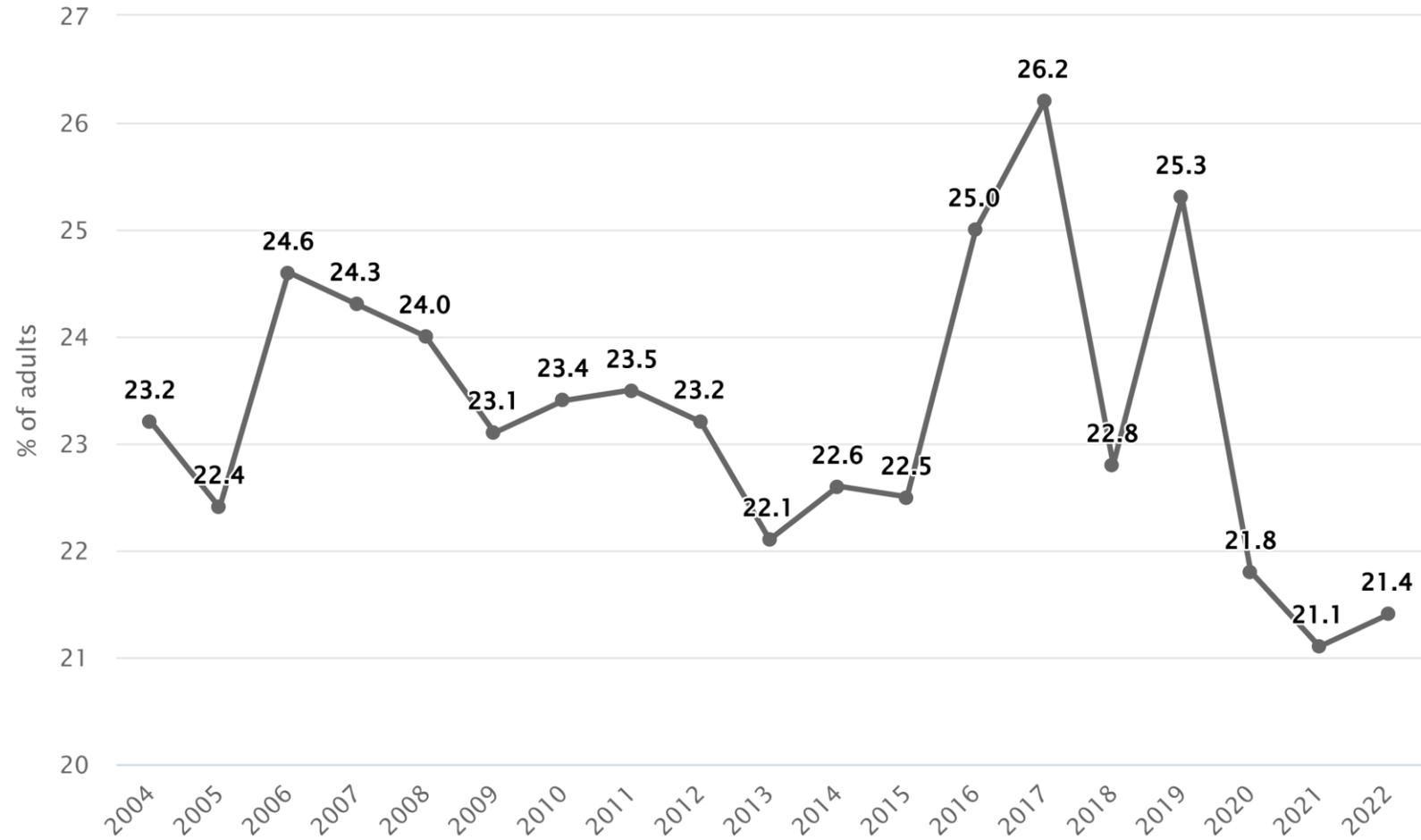


Created on Metopio | metop.io | Data sources: Centers for Disease Control and Prevention (CDC): PLACES (Sub-county data (zip codes, tracts)), Diabetes Atlas (County level data), Behavioral Risk Factor Surveillance System (BRFSS) (State and US data prior to 2019)

**No exercise:** Percent of resident adults aged 18 and older who answered "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

# No exercise

Cabarrus County, NC



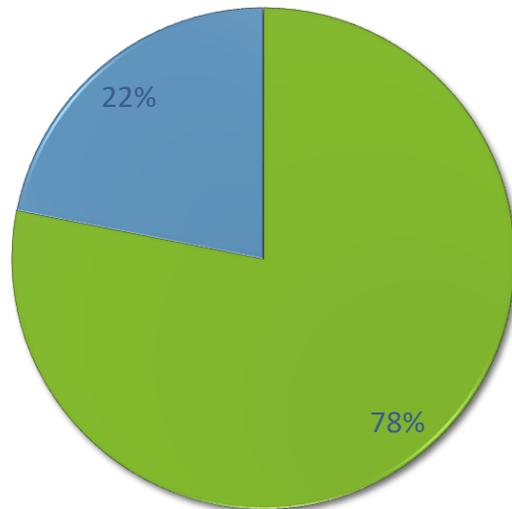
Created on Metopio | metop.io | Data sources: Centers for Disease Control and Prevention (CDC): PLACES (Sub-county data (zip codes, tracts)), Diabetes Atlas (County level data), Behavioral Risk Factor Surveillance System (BRFSS) (State and US data prior to 2019)

**No exercise:** Percent of resident adults aged 18 and older who answered "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

# Exercise

## NC – 2023 BRFSS

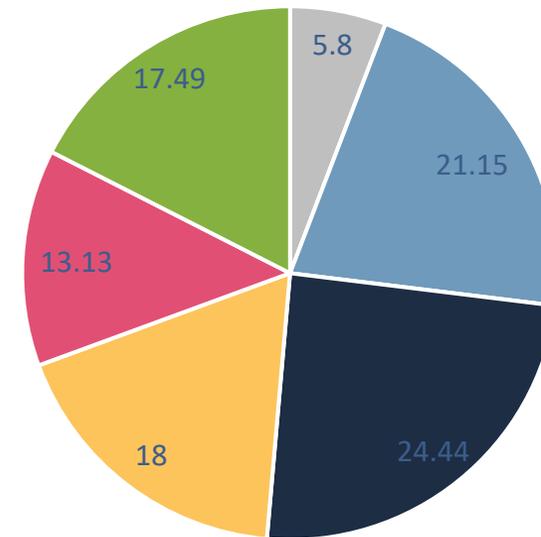
*During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?*



■ Yes ■ No

## 2020 Cabarrus Community Needs Assessment

*During a typical week, how much time do you engage in moderate physical activity?*



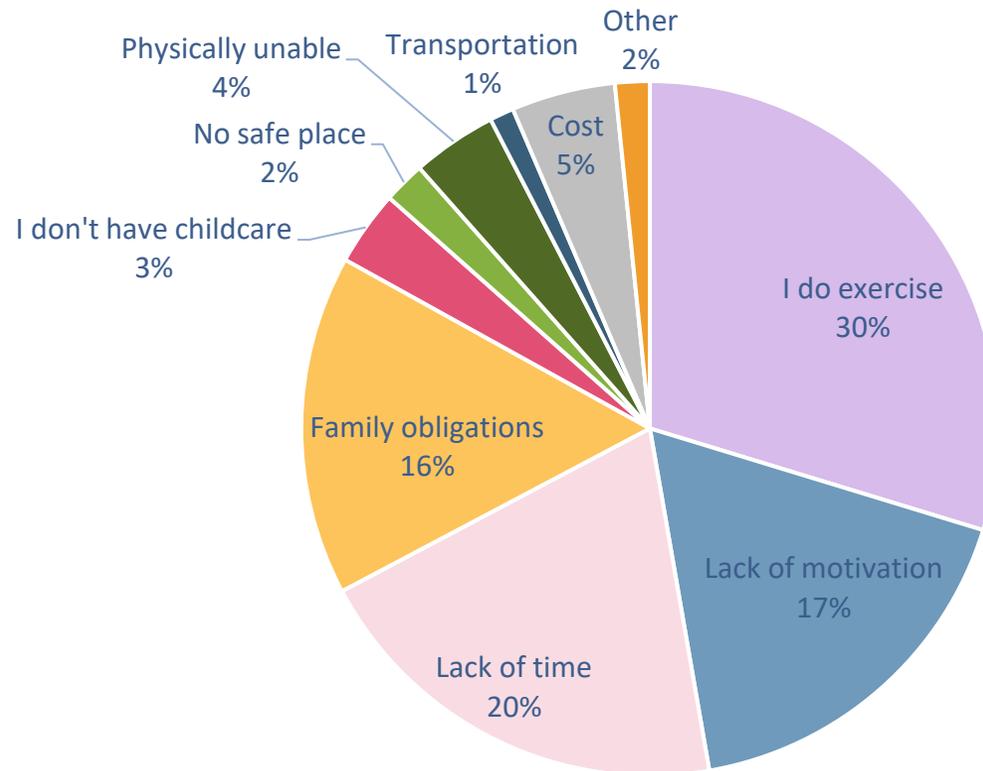
■ None ■ Less than 30 min./week ■ 30 to 60 min./week  
■ 60 to 100 min./week ■ 100 to 150 min./week ■ 150 min. or more/week

# Barriers to Physical Activity

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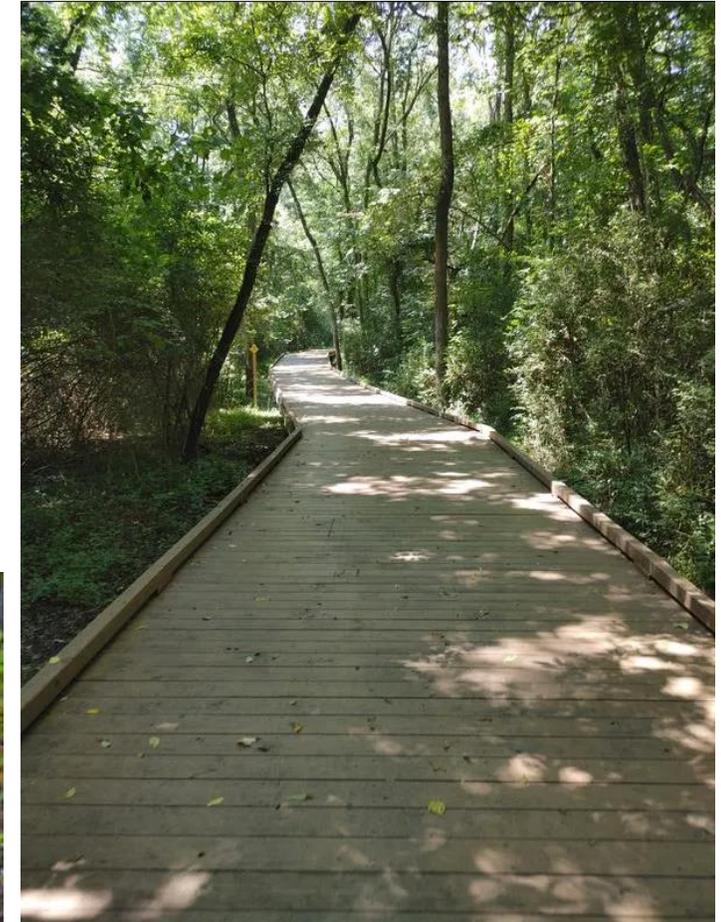
## 2020 Cabarrus Community Needs Assessment

*What are the reasons why you don't exercise?*





# Greenways & Walking Trails





# Access to Exercise Opportunities



# New/Upcoming Programming

## Run Kannapolis Race Series

Join the thousands of people who have participated in Run Kannapolis over the years. Run Kannapolis is part of the City of Kannapolis' Discover a Healthy Life brand.

Runners and walkers of all ages and abilities are invited to participate in this unique series featuring the best 5K runs/walks in the city. Each run is held in Kannapolis and most runs include a one-mile fun run option.

Runners/walkers are encouraged to participate in the entire series of races, but series awards will be provided to only those who finish at least five events. For those who participate and finish all eight events, there will be a special recognition.

**Registration is now open at [www.runkannapolis.com](http://www.runkannapolis.com)** Register for all eight races and save 25%.

Good luck and we hope to see you at the finish line!

## 2025 Run Kannapolis Series: [Register Here](#)

Robert Tucker Run - SHOE SHOW, INC/Half-Moon Outfitters, LLC	March 29
Strides for Stroke - Atrium Health	April 5
Jiggy with the Piggy - Kannapolis Parks and Recreation	May 1
Gaelic Alley Pub Run - Gaelic Alley Pub	May 31
Cannon Ballers Shooting Stars 5K - Cannon Ballers	August 16
Flint's Fabulous 5K - Leashes of Valor	September 20
Race for Peace - S.T.U.D.I.O	October 4
Old Armor 5K for Heroes - Old Armor Beer Company	November 8

## Loop the Loop

Loop the Loop is a fun way to track the distance of your walk, run, or bike ride. Route distances are designated by different color markers will aid you as you complete the loops around the downtown core of the City and each of the Kannapolis School sites. Y below to help you orient your way around the loops.

You are welcome to register your dog for Loop Prizes. Just add your dog's name and put "Dog" beside of the name. You can earn your pet can earn prizes they will love.

You can track your miles by registering for our free program.

You do not have to walk the downtown or school loops to qualify. Walk anywhere in your neighborhood or the City.

The goal is for you to complete 150 miles by the end of the year. At the end of each quarter, you are eligible to earn prizes. If eligible for prizes you confirming your mileage and how to pick up your prize at city hall.

Loop the Loop is part of the City's Discover a Healthy Life Initiative and the Cabarrus Health Alliance REACH program. The City is a place where you healthy holistic life. A community that welcomes new people, new ideas and new businesses. A place where there is a balance between work, family, unique place where health, nutrition, science and education are becoming the business of the City and where a significant investment of the business made. We hope you enjoy Loop the Loop.

### Earn prizes by meeting these deadlines:

- March 31: 50 miles
- June 30: 75 miles
- September 30: 100 miles
- December 31: 150 miles

**ONCE YOU'VE REGISTERED & TO LOG YOUR MILES:** All you need to do is sign back in to the account you created using your log in and password and add the program to your cart again, proceed to check-out and you'll be asked each time how many miles you're logging.

**USE THIS LINK TO LOG MILES FOR 2025.** For quick reference, bookmark the program registration/log site address, which is: [Loop the Loop](http://Loop the Loop)

You can track miles daily, weekly, monthly or quarterly - it's up to you - we'll track them all.

**LOOP THE LOOP** Join us around Kannapolis. Discover a Healthy Life KANNAPOLIS

**WALK WALK WALK**

**BIKE BIKE BIKE**

**RUN RUN RUN**

**It's Easy Park. Pick Your Route.**

**LOOP LENGTHS**

- 1/8 Mile
- 1/2 Mile
- 1 Mile
- 2 Miles
- 2 1/4 Miles
- 3 Miles

[kannapolisnc.gov/looptheloop](http://kannapolisnc.gov/looptheloop)

Harrisburg NC

## Discover the Burg

Saturday, July 20th

Harrisburg Park Amphitheater, 191 Sims Pkwy, Harrisburg, NC 28075

Follow clues to notable locations around the Town of Harrisburg to "Discover the Burg" in a fun-filled "scavenger hunt" across the Town!

**\$20 per team (pre-registration is required)**

**15 teams max for event**

Start Time Options: 9 a.m., 9:30 a.m., 10 a.m.

Captains must be an adult aged 18 or over, but all ages are welcome to participate on a team! Only ONE vehicle allowed per team!

Register your team

### Leashes, Laughter & Little Ones

Join our walking group designed for parents, kids, and dogs! Our walks offer a fun, family-friendly environment where everyone, including your fur babies, can enjoy the outdoors. Whether you're looking to exercise, socialize, or simply enjoy nature. Our walks welcome all families to join us for a refreshing outing. During the program, all dogs need to remain on a leash and all children must be accompanied by an adult.

**All dogs will need to have proof of up to date rabies vaccine.**

SESSION	LOCATION	AGE	DAVS	DATES	TIMES
Leashes, Laughter & Little Ones	Weddington Road Bark...	All Ages			
Leashes, Laughter & Little Ones	Weddington Road Bark...	All Ages			
Leashes, Laughter & Little Ones	Weddington Road Bark...	All Ages			
Leashes, Laughter & Little Ones	Weddington Road Bark...	All Ages			
Leashes, Laughter & Little Ones	Weddington Road Bark...	All Ages			
Leashes, Laughter & Little Ones	Weddington Road Bark...	All Ages			

### Guided Nature Hike

Using the greenways, get a chance to hike, enjoy nature and learn to identify different trees, plants, animals and bugs. Get to know some of the native species that populate our greenspaces around Concord and learn about beneficial flora and fauna that live along our creeks, rivers and greenways.

Location	Greenways	All Ages	Tue	04/08/25	5pm-6:30pm	\$0
The Mills at Rocky River Hike	Greenways	All Ages	Tue	05/06/25	5pm-6:30pm	\$0

### Running Programs

**Couch to 5K Challenge Winter S...** Flowe Park All Ages TUL TH 02/11-04/17 6:30pm-7:30... \$15

This group training and exercise program is designed to encourage, motivate and challenge the individual to compete with his/her peers. No running experience is necessary. Fee for this program is \$15.00 and includes a T-Shirt. The final goal is to run the Bunny Run on April 19th (registration fee required).

Current Participation: 04/100

Activity: Running Programs

Session: Couch to 5K Challenge Winter Session

Location: Flowe Park

Room/Facility: Flowe Park

Address: 591 Central Heights Drive Concord, NC 28025

Phone: 704-920-5600

Date Range: 02/11-04/17

Schedule Details: 6:30p-7:30p every Tue/Thu from Feb 11 to Apr 17 at Flowe Park Flowe Park

Age/Gender: All Ages

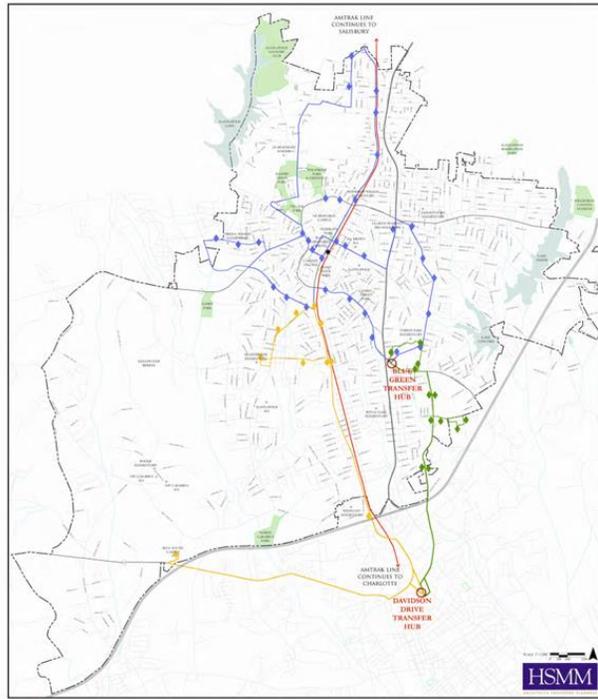
Fee: \$15.00

Registration: Dec 1 8a-Feb 14 11:59p

Max Participants: 150

Create or look up an account for registration:

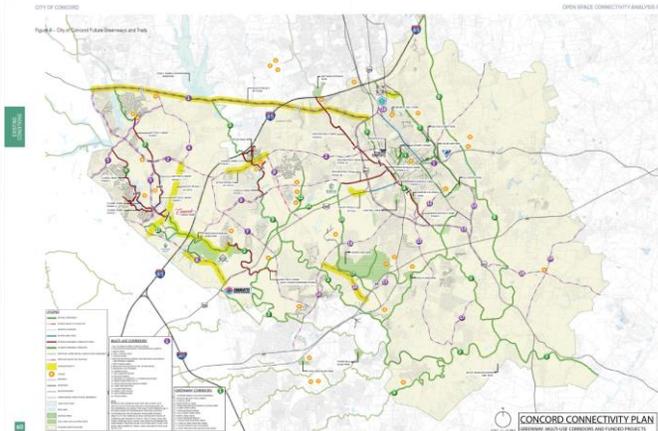
# What's Next...



**FIG. 2 KANNAPOLIS TRANSIT WALKABLE COMMUNITY PLAN CITY OF KANNAPOLIS, NORTH CAROLINA**



**Harrisburgnc PARKS & RECREATION**  
**Comprehensive Recreation Master Plan 2024 - 2034**  
 Adopted by Harrisburg Town Council: September 9, 2024



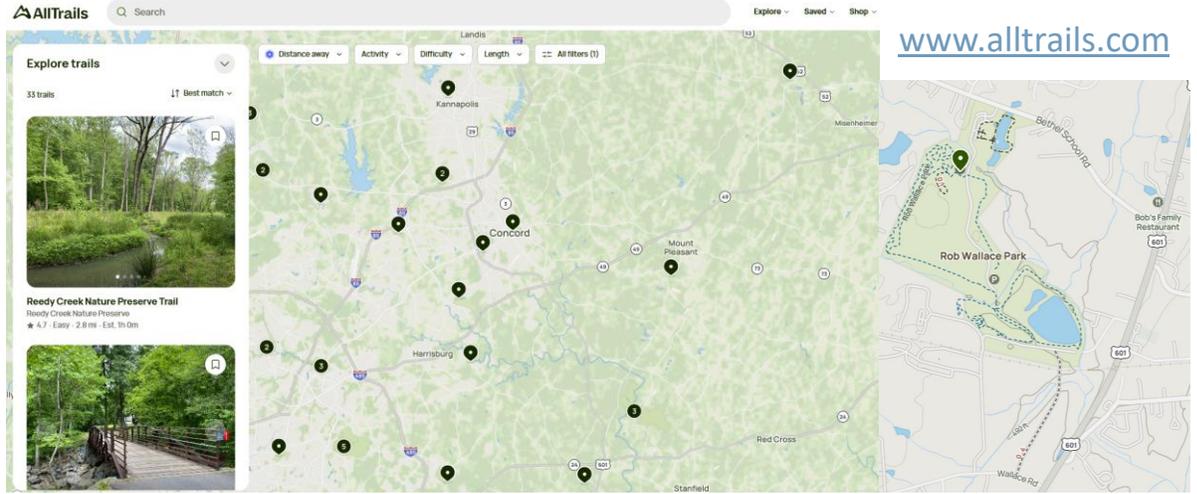
# Additional Resources



**- CATAWBA -**  
LANDS CONSERVANCY  
LAND | WATER | FARMS | NATURE



**CAROLINA  
THREAD TRAIL**



[Great Trail NC](#)  
[YouTube](#)

division of parks and recreation

**NC TRAILS**



# Additional Resources

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<https://ckrider.com/>

[https://www.kannapolisnc.gov/Portals/0/Kannapolis/Departments/Parks and Rec/Documents/Kannapolis\\_Walkable\\_Community\\_Plan.pdf](https://www.kannapolisnc.gov/Portals/0/Kannapolis/Departments/Parks and Rec/Documents/Kannapolis_Walkable_Community_Plan.pdf)

<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:83a444d1-f0f5-44d2-a58c-9dce99543bb5?viewer!megaVerb=group-discover>

<https://www.cabarruscounty.us/Government/Departments/Active-Living-and-Parks>

[https://concordnc.gov/LinkClick.aspx?fileticket=PMMj1ab93\\_l%3d&portalid=0](https://concordnc.gov/LinkClick.aspx?fileticket=PMMj1ab93_l%3d&portalid=0)

<https://concordbonds.com/>

<https://www.carolinathreadtrail.org/>

<https://greattrailsnc.com/>

<https://www.youtube.com/channel/UCQQqbK0Y0Im7W8DkdZAJT5XQ>

<https://trails.nc.gov/trail-grants>

[www.alltrails.com](http://www.alltrails.com)

<https://walkcabarrus.com/>

A person is sitting on a wooden dock, looking out over a calm lake. The lake reflects the surrounding mountains and trees. The scene is peaceful and scenic, with a clear sky and lush greenery.

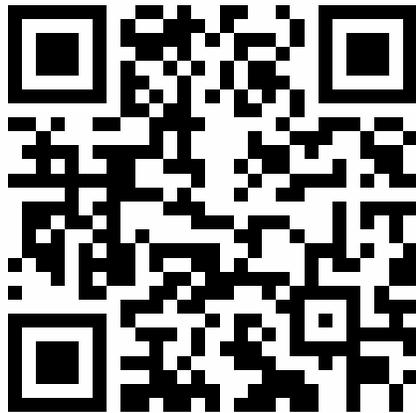
3-2-1

# Rapid Reflection

*Pair Up, Reflect, and  
Share Insights*

- 3 minutes
- 2 things you found surprising or interesting from the data presented
- 1 thing you'd like to learn more about

# Community Survey is **LIVE!**



<https://survey.alchemer.com/s3/8162936/CCCC-Survey>

2025 Community Health Needs Survey



**Central Carolina**  
Community Collaborative

(Para español, haga [clic aquí](#))  
For other languages, or to request paper copies, please [survey@metop.io](mailto:survey@metop.io)

Welcome to the 2025 Community Health Needs Survey.

This survey will take less than 10 minutes. We will ask you questions about the health needs of your community. Community is where you live, work, play and engage. The information will help us:

- Understand problems that affect our community
- Better understand the needs of our community
- Work together to find solutions to our needs

The answers you give are important and kept confidential. When you get to the end of the survey please make sure you hit the blue button that says submit.

We thank you for your time and input.

Next

0%



- Complete the community health needs survey
  - Consider what might not be heavily captured that may require additional reflection in a focus group
- Submit the “Community Survey Feedback and Distribution” form by **Wednesday, February 26<sup>th</sup>**
  - Identify groups for which you can assist us in distributing surveys
  - Identify any focus group needs if applicable

# Schedule Change

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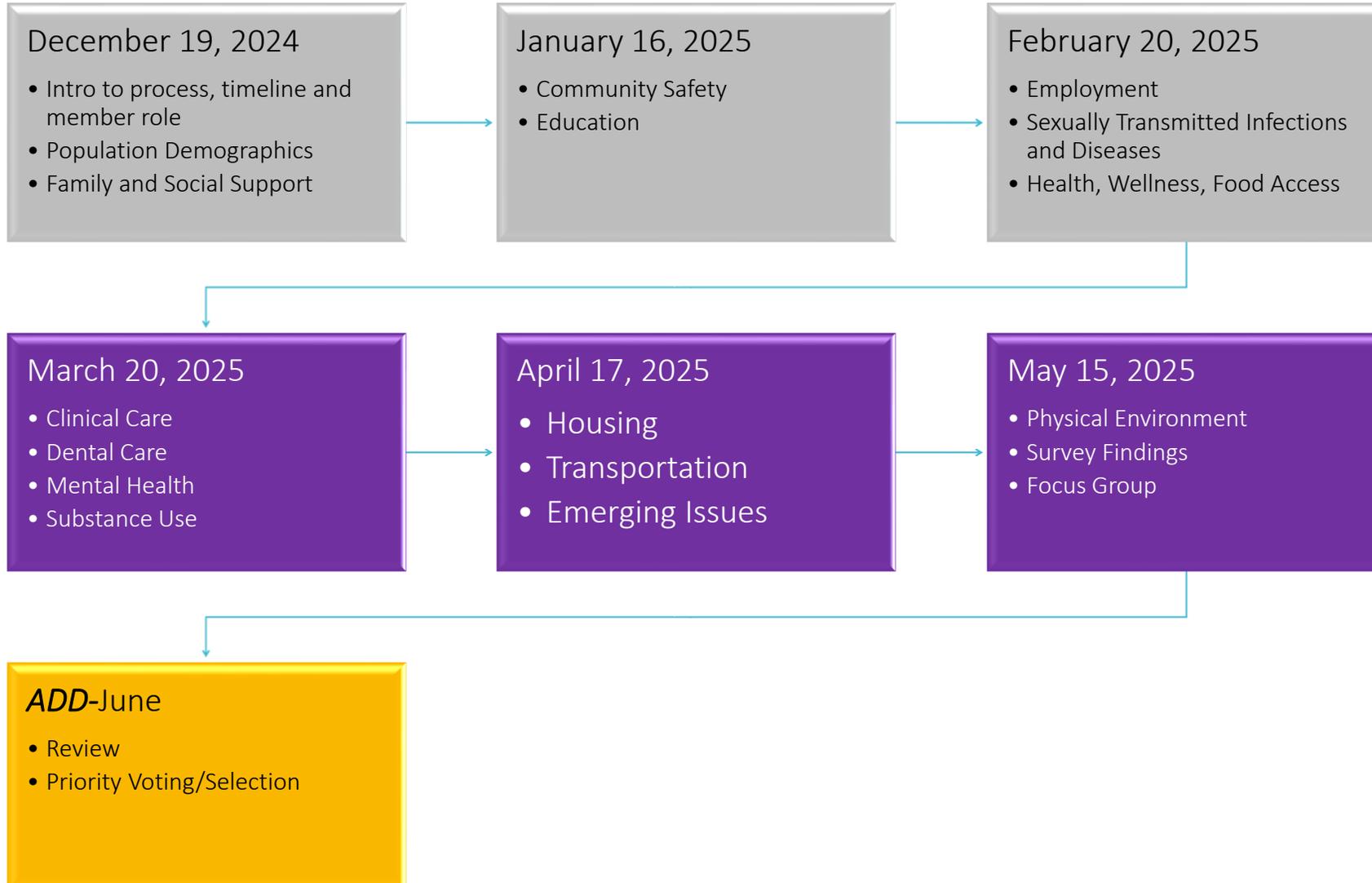
- Modified primary survey collection timeline
- Executive summary extension
- Additional focus group sessions
- More manageable data for final meetings
- Time for collaboration/reflection/recap



# Community Planning Council Meetings: Current



# Community Planning Council Meetings: Adjusted





0 response submitted

Scan the QR or  
use link to join



<https://forms.office.com/r/sXHXLbWk-mw>

 Copy link

Please select which date(s) you are available to attend the CPC priority voting retreat. If you are available on both dates, select...

I am available to attend Tuesday, June 17th.

I am available to attend Thursday, June 26th.

I am NOT available to attend either date.



1 of 1

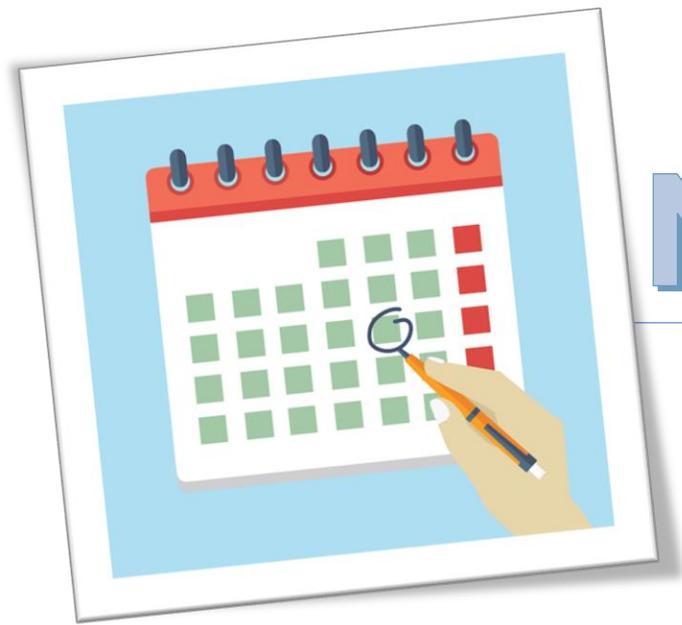


**WE WANT  
TO HEAR  
FROM  
YOU!**

<https://forms.office.com/r/QsW4MwrN6W>

Community Planning Council  
Meeting Feedback - Session 3





# Next Meeting...

**THURSDAY,  
March 20<sup>th</sup>**

**PANCAKE DAY**

2025 

PRESENTED BY  
SHOE SHOW, INC.



# Healthy Cabarrus

**THANK  
YOU!**

**Jessica Grant**

Healthy Cabarrus Executive Director

Cabarrus Health Alliance

704-920-1282

[jessica.grant@cabarrushealth.org](mailto:jessica.grant@cabarrushealth.org)

**Sandra Torres**

Healthy Cabarrus Coordinator

Cabarrus Health Alliance

704-920-1339

[sandra.torres@cabarrushealth.org](mailto:sandra.torres@cabarrushealth.org)



**Healthy Cabarrus**  
*Partnerships for Life*